



“

To have been loved so deeply, even though the person who has loved us is gone, will give us protection forever

JK Rowling

”

## FAST FACTS

- The loss of a loved one is a stressful event that can lead to an emotional crisis often referred to as grief or bereavement.
  - The word **GRIEF** which is derived from the Latin word gravare meaning to make heavy is defined as a deep sorrow, especially caused by someone's death.
  - The word **BEREAVEMENT** which is derived from the old English word bereafian meaning to take by violence, seize or rob is defined as the experience of losing a loved one.
- When dealing with the loss of a loved one you may experience many emotions. Examples of some emotions that one may experience are denial, confusion, sadness, anger, despair, yearning or guilt.
- Coping with grief after the loss of a loved one is vital to your mental health. Some helpful coping strategies include:
  - Seek out caring people
  - Express your feelings as you navigate the grieving process
  - Maintain routines around your physical health and well-being
  - (If possible) postpone major life changes - allow yourself time to adjust
  - Seek out professional help if necessary
- **REMEMBER** - There is no right way to grieve and everyone's grief process will be different. Allow yourself the time and space to heal. Do not be afraid to ask for support when you need it.

CHECK IT OUT!



WLPCS WEBSITE - MENTAL HEALTH

## UPCOMING EVENTS

- 11/4 - No School for Students
- 11/5 - Half Day for Students
- 11/14 - Indigenous Peoples Day (No School)
- 11/21 - Fiesta
- 11/21 - Not All Wounds are Visible (WLPCS Grief Awareness Event)

## GRIEF ACTIVITIES TO HELP YOU DEAL WITH LOSS

Make a personal comfort kit

Write in a Journal

Cook a meal your love one enjoyed

Nurture a plant or a tree

Go for a walk

Engage your mind with puzzles

## THE LATIN WAY

Seek the Conversation

Trust Courageously

Fall in Love with Enduring Ideas

Serve the Common Good

## NOT ALL WOUNDS ARE VISIBLE: EMBRACING HEALING AFTER LOSS AND BEREAVEMENT

JOIN THE MENTAL HEALTH TEAM ON **NOVEMBER 21, 2024 FROM 6:00 PM - 7:30 PM** IN THE MPR IN RECOGNITION OF NATIONAL CHILD GRIEF AWARENESS DAY. WE WILL BE PARTICIPATING IN THERAPEUTIC ACTIVITIES THAT PROMOTE HEALING FOR MEMBERS OF OUR COMMUNITY WHO HAVE EXPERIENCED GRIEF AND LOSS. ALL FACULTY, STUDENTS AND FAMILIES ARE WELCOME AND ENCOURAGED TO ATTEND.

## RESOURCES

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### GRADE LEVEL COUNSELORS

5/6 - Ms. Freeman & Ms. Griffith

7/8 - Mr. Green & Mr. Tampellini

9/10 - Ms. Tucker & Ms. Reyes

11/12 - Ms. Foster & Mr. Rumford



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### SUPPORT SQUAD

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### MENTAL HEALTH RESOURCES

**Need more support?** Check out one of these hotlines available 24/7.

**DC Access Helpline-** Reach out to connect to mental health providers for you or a family member. 1-888-793-4357.

**ChAMPS-** 24/7 mobile crisis response for youth. Call (202) 481-1440.

**Teen Line-** Resource for teens to speak to trained peers about mental health. Call or text them at 1-800-852-8336.