

TRANSITIONS KIDS TIMES

Meeting Families as They Are, Where They Are

This month kids go back to school! In our bereavement groups we are holding KidsZone and She Shed. **Reminder:** No KidsZone in September 2024 as we are having our annual Camp B.R.I.G.H.T.

She Shed offers mother's an opportunity to talk about their child and their family's story, share their feelings, thoughts, and worries. Parents are welcome to participate as they feel comfortable; however, there is NO pressure to talk during the group session.

[Register HERE](#)

Integrative and Holistic

Transitions Kids (TK) has successfully partnered with Wake and Johnston County Public School Systems, integrating programs to provide grief support and education throughout the upcoming school year. It is a contractual grief support service that offers internal grief care to students, faculty, and staff within contracted school districts only. It has an age-appropriate curriculum for students, small group opportunities, grief specific workshops and training, and strategies for administrators to establish a grief care plan within their schools. This initiative allows TK to access more bereaved children, families, and their communities.

Resources

[The National Alliance for Grieving Children](#) lists grief support service providers who serve children, teens and their families. Find Support in your area.

[The Dougy Center](#)

National Center for Grieving Children & Families
PO Box 86852
Portland OR 97286
503.775.5683
help@dougy.org

[The Compassionate Friends](#)

Grief Support After the Death of a Child
PO Box 3696

Oak Brook IL 60522-3696
877.969.0010 or 630.990.0010

[Grief Net](#)

PO Box 3272
Ann Arbor MI 48106

Books

[In-Sight Books, Inc.](#)

PO Box 42467, Oklahoma City OK 73123
800.658.9262 or 405.810.9501

OrdersAndInfo@insightbooks.com

[Centering Corporation & Grief Digest Magazine](#)

Grief Resources
7230 Maple Street, Omaha NE 68134
866.218.0101

[Compassion Books, Inc.](#)

7036 State Hwy 80 South, Burnsville NC 28714
800.970.4220 or 828.675.5909

bruce@compassionbooks.com

[Recommended Reading from Erin's House](#)

Creative and Innovative

[Five minute positive affirmations to get kids excited for school!](#)

[Free back to school coloring pages for kids](#)

[Two simple mindfulness practices for back-to-school](#)

[Summer poems for kids](#)

TK Parent Facebook Group

Looking for a way to connect with other TK parents and families?

We have created a private Facebook group that invites families to connect with each other, support each other, and build a community. Please feel free to use this group in ways that feel supportive to you and your family! To become a member of this group, please use this [link](#) to submit your email address that is connected to your Facebook account. An invitation to join the group will be sent to your email.

TRANSITIONS KIDS TIMES

Meeting Families as They Are, Where They Are

Follow TK on Social Media

Post a picture of you, your child, or your family engaging in some silliness or play and tag Transitions Kids!



TK Parent Group



Engagement and Collaboration

Bereavement Groups

KidsZone and She Shed

Please see our [Events Calendar](#) for registration and details.

Accountability and Advancement

Join us for a Patient & Family Advisory Committee virtual meeting.

What is PFAC? PFAC is a space for those who have worked with TK to collaborate with the organization to improve and develop practices and policies that are informed by patient/family perspectives. The goal of PFAC is to support TK in improving and evaluating their practices and policies by patient engagement, collaboration, and creative innovation. PFAC quarterly meetings are held virtually via Microsoft Teams Video and facilitated by Transitions Kids team members.

When: Tuesday October 15

Time: 5:30–7:00 pm.

Register [HERE](#)

If you have any questions about PFAC, please contact Abby Yuan ayuan@transitionslifecare.org or Siena Buckley sbuckley@transitionslifecare.org.

Wonder and Whimsy

[Brief grief activity: Tree of life](#)

[How to plan a simple, fun summer for your kids \(and you!\) - Free printables included!](#)

[41 FREE summer break activities for kids, families in Raleigh, Triangle](#)

[Travel Guide for traveling with a medically-complex child](#)

[50 cheap and free things to do with kids in the summer holidays](#)

[At-Home Activities for Medically Complex Kids](#)

[Accessible Raleigh, N.C.: Things to do for visitors with disabilities](#)

[Accessible adventures: North Carolina fun for travelers of all abilities](#)

[Guide to parks with accessible playgrounds in the Triangle](#)

Camp BRIGHT

BEING REAL IN GRIEF, HOPE,
AND TRANSITION

CAMP BRIGHT 2024

Welcome to Atlantis:
The World Under My Grief

Camp BRIGHT is a free, one-day camp for youth ages 5–12 who experienced the death of a significant person. Grief techniques are creatively infused in each camp theme to create a safe, fun, loving, and educational atmosphere.

**Join us as we represent lost loved ones,
TOGETHER!**



To register,
scan the QR code or click here.

Email any questions to kidsgrief@transitionslifecare.org

Register May 1 – August 31

SATURDAY, SEPTEMBER 14
9:00am–3:00pm
John Chavis Memorial Park