

GRAYNESS OF GRIEF

Continuing the Conversation

By Natalie Rothstein

Here are additional resources around grief that might be helpful for staff:

- Feel free to share Natalie's Grayness of Grief piece with staff members or community members who have experienced a loss.
- Watch/share an interview on YouTube with Rob Delaney on Russel Howard's show where Rob talks about the loss of his son: <https://youtu.be/K8S7VhG-Wuw>
- Suggested discussion questions for staff members around grief and loss at camp:
 - What are your worries about how this loss will impact the person's experience at camp?
 - What ways do you feel like you can support this community member?
 - Where are you feeling unsure about how to support this community member?
 - What is coming up for you personally around grief and loss?
 - What challenges have you been observing for this community member?

Please don't hesitate to reach out if you have any questions or would like to continue the conversation following The Grayness of Grief training, my email is natalie@nrpsychotherapy.com and my number is 312-650-9727.