

It's okay to feel joy

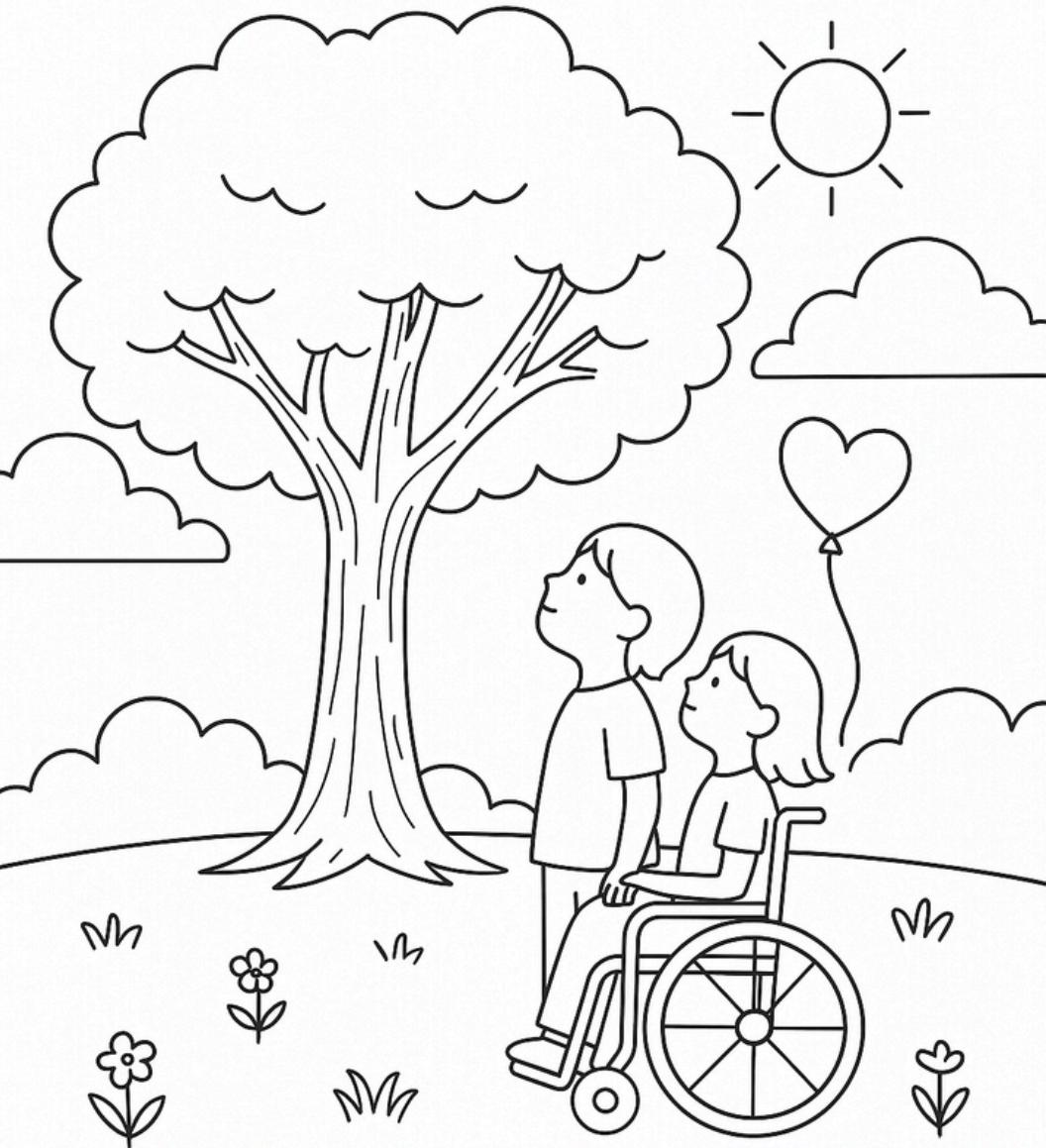


You are not alone



The Children's
Grief Foundation
of Canada

It's okay to miss them.



You are not alone.



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What is grief?

Grief is what we feel when someone we love dies. It can make us feel sad, angry, confused, or even tired. Sometimes we miss the person so much it hurts, and that's okay.

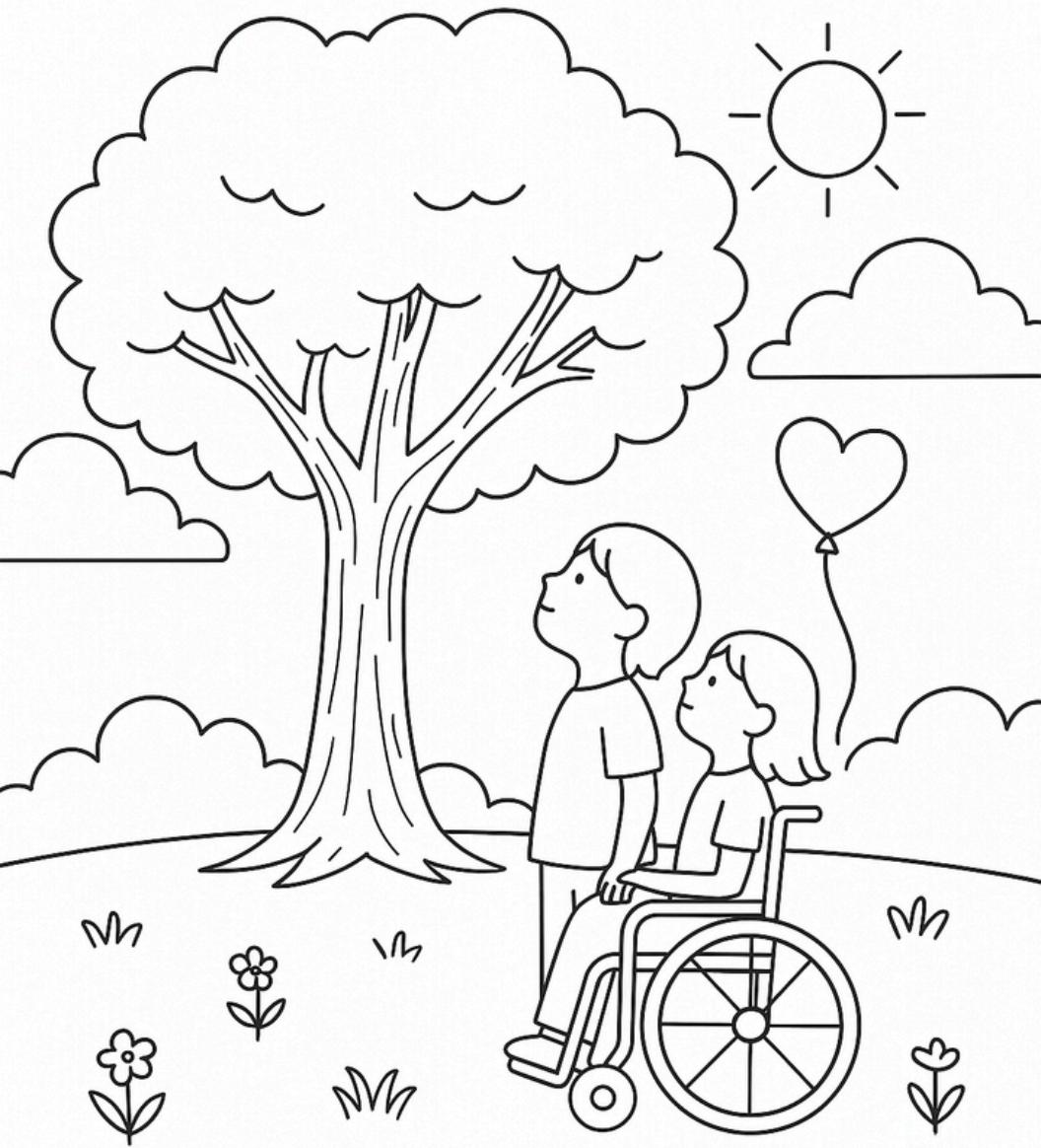


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Looking for additional support? Find a list of local children's grief support by scanning the QR code.



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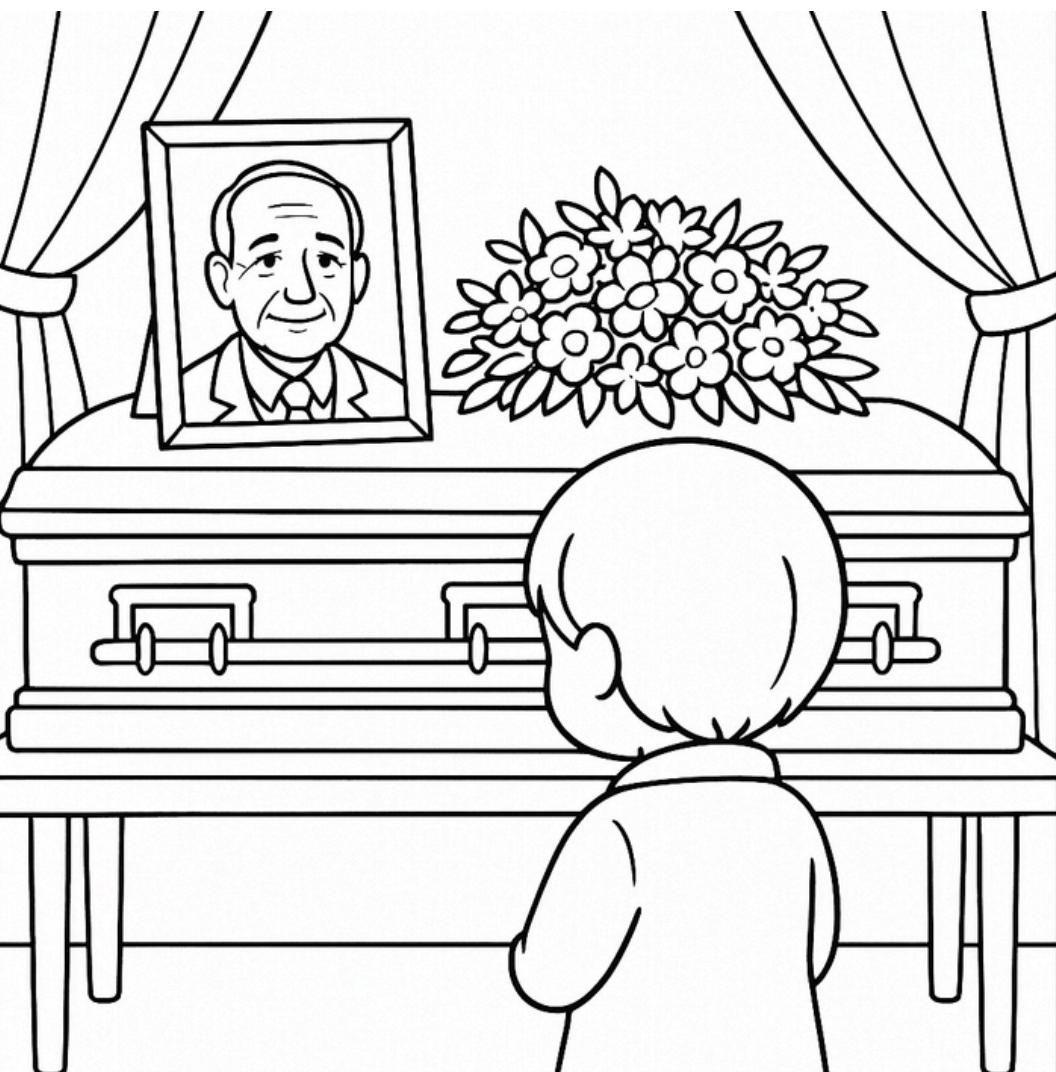
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Grief is love that doesn't know where to go.
There's no "right" way to feel, and it's okay to cry,
talk, be quiet, or even smile sometimes.
You are not alone, and it's okay to ask for help
when your heart feels heavy.



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A funeral is a special time when people come together to remember someone they loved who has died, and to say goodbye in a kind and loving way.



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Cremation is a special way some families say goodbye after someone has died. The person's body is turned into ashes using a kind of heat. "The ashes can be placed into a special container called an urn, ashes can be buried, and can also be turned into jewellery or made into art as a keepsake.



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