

Death and dying

When children and young people have to deal with loss, death, and grief, it can be a daunting and challenging situation for those supporting them through it. Each family has their own belief system about death and loss based on their culture, religion, environment, and other factors. While acknowledging these differences, there are many resources available to support this process. To assist you in providing support and resources we recommend visiting the following websites:

In New Zealand:

www.skylight.org.nz

A national organisation working to support children, young people and families who are affected by change, loss, and grief. Resources include:

- A national resource and information service on issues of loss and grief
- A counselling support service
- Education and training
- Advocacy

Overseas:

www.centeringcorp.com

The Centering Corporation is a non-profit organisation dedicated to providing education and resources for the bereaved.