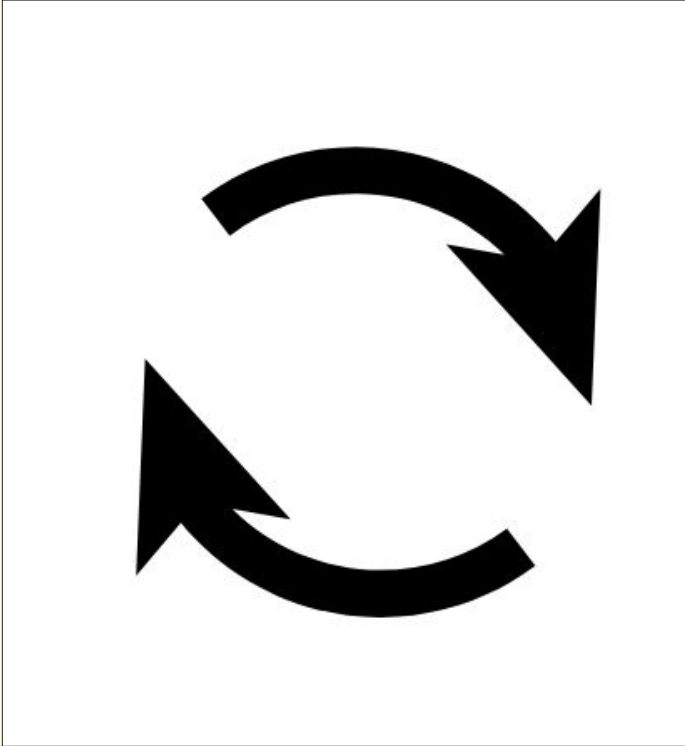


Dealing with Changes, Grief, and Loss

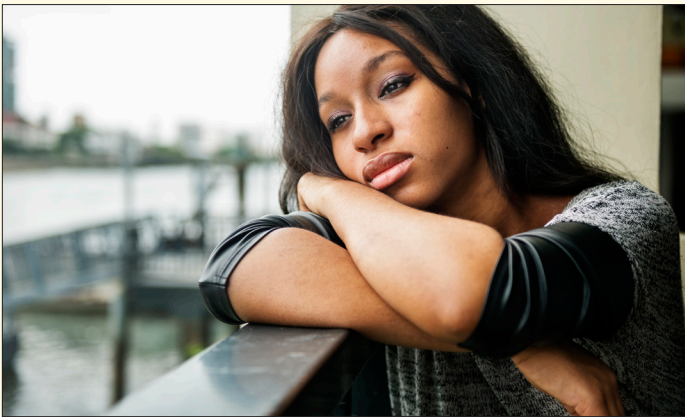


Things are always changing.

People move in to the neighborhood.
People move away.

People become friends.
People sometimes stop being friends.

People are born.
People grow older.
People die.



Change often makes people feel sad or hurt. People sometimes are scared to tell others when they are sad or hurt. But, change is always happening.



You can prepare to deal with change when it happens. This helps you make sure you have the support you need. Ask people you trust to help you when change happens. Ask people now before any change happens.



Tell them how you feel inside when you are sad or hurting. Tell them what you do and say. Let them know what they can do or say to help you feel better. Then, people will know how to help you when things change.

Talk to people you trust when things change. Talking about feelings makes people feel better. Being silent can make people feel worse when they are sad or hurt. Tell people you trust about the things that changed. Tell them how you feel about the change. Tell them what they can do to make you feel better.

Contact us if you need more help.

futureplanning@thearc.org
202-617-3268

