



Grief as a Journey, Not a Sprint

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COMMUNITY PARTNER

The Uplift Center for Grieving Children is committed to helping children and their caregivers who have experienced the death of someone significant to them. They offer support groups in sites all over Philadelphia where people are exposed to high rates of violence and trauma. By providing these spaces for people to grieve, grow and heal in the company of other peers and caring clinicians, Uplift hopes to help reduce feelings of isolation that many children feel after experiencing a death. Learn more at <https://upliftphilly.org/>.

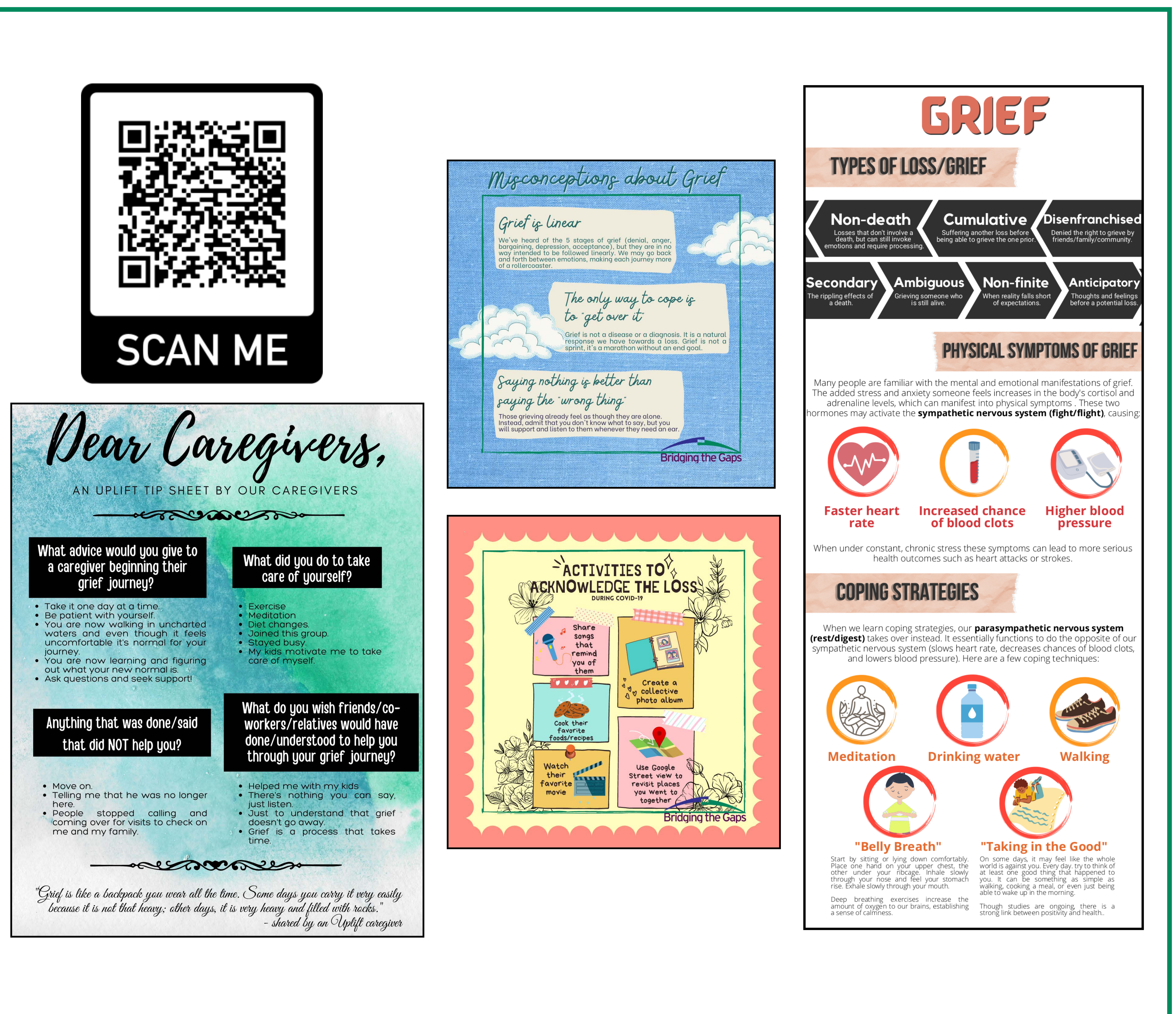


PROJECT

Over the summer, I had the opportunity to make several info graphics regarding physical symptoms of grief, misconceptions, and activities that could be done to acknowledge a death. A survey was also sent to Uplift caregivers to share any advice they have for caregivers who have just recently lost someone, and advice to those supporting people who have lost a loved one.

In addition, I was able to interview one of the caregivers at Uplift who described her grief journey. She detailed her experience, going through the emotions she felt, including fear, concern, anger, and sadness, occasionally finding pockets of joy and peace. She also detailed how helpful her support groups were, but noted that there were some things that were said that rubbed her the wrong way, including "Don't cry," "Be brave," and "Aren't you over it yet?" Over time, less people reached out to her and she only heard silence. She left me with an analogy about grief: "Grief is a journey...it stays with you until you're okay."

PROJECT RESULTS



REFLECTION

Grief is such an awkward topic in our society. Most of us have probably gone through some type of grief experience at least once in our lives, but when it comes to comforting others about a death or loss, we never know what's appropriate to say, do or feel. Being at Uplift has shown me how sometimes the best medicine is being present, and listening with compassion, empathy and patience. Behind the scenes, I was awed by how much thought and care the clinicians at Uplift put into each session's curriculum, as well as the planning that is considered to make their services as accessible and as convenient as possible for the children and their caregivers. Though I don't know where life will take me, Uplift has inspired me to become a more thoughtful, intentional and supportive person to better meet the needs of my community.