

MORONGO TRIBAL RESOURCES

Morongo Child & Family Services

24 hour support 951.572.6186

Anna Loza, MSW, LCSW

Morongo Child and Family Services
Tribal Therapist

951.572.6113

On-site support and therapy for
issues related to grief and loss

Benjamin Hale

Native Spiritual Counselor

562.500.1200

On site or in home individual
and family counseling

Morongo Behavioral Health

951.849.4761

On site support and intervention for
issues related to grief and loss

COMMUNITY RESOURCES

Mourning Star, Don Starkey

Grief support and bereavement
groups for all ages

264 N. Highland Springs Ave
Banning, CA

951.845.8439

Hemet Hospice Support Group

Grief support groups and bereavement pro-
grams for adults and youth

890 W. Stetson Ave, suite B
Hemet, CA

951.766.9629

MORE COMMUNITY RESOURCES

Hospice of Morongo Basin, Diane Swella

Bereavement support groups for all ages

6167529 Palms Hwy

61676 Joshua Tree, CA

760.366.1308

Camp Good Grief

Grief support for children ages 10-16

Loma Linda University Children's Hospital

11234 Anderson St, room 1801

Loma Linda, CA

800.825.KIDS (5437)

Loma Linda Bereavement Program

Grief support and bereavement for adults

Loma Linda University Hospital

11234 Anderson St,

Loma Linda, CA

877..LLUMC-4U (552.6242)

<http://lomalindahealth.org/medical-center/our-services/bereavement>

**MORONGO
BAND OF
MISSION
INDIANS**



A SOVEREIGN NATION



Grief & Loss



*Courage is being afraid
but going on anyhow.*



Morongo Band of Mission Indians
Child and Family Services

951.572.6186

ABOUT GRIEF

- Grief is a normal response to loss
- There is no "right" way to grieve
- There is no set time for grief to last
- There are many expected and unexpected feelings that come with grief
- It may be difficult to concentrate
- You may feel "different" because of the loss



SOME NORMAL THOUGHTS AND FEELINGS

- Numbness
- Shock
- Deep sadness
- Anger
- Relief
- Detachment
- Fear that others may die
- Belief that you will die soon
- Nervousness or anxiety
- Worry
- Appetite changes
- Stomachaches and headaches
- Wishing to be with your loved one
- Possible suicidal thoughts

COMMON STAGES OF GRIEF

Denial

"This can't be happening."

Anger

"Why me? It's not fair!"

Bargaining

"I would do anything if..."

Depression

"I'm so sad, why bother with anything?"

Acceptance

"It's going to be okay."

WORDS THAT CAN HELP

Offering support to a grieving person can begin with a simple statement. Here are some ideas:

- I'm sorry your mom/dad/sister died.
- I care about you.
- I'm thinking about you.
- I care about how you are feeling.
- Is there anything I can do to help?
- If you want to talk, I'm here for you.
- What was your dad/mom/brother like?
- Tell me about your _____.
- I cannot know how you feel, but I remember how I felt when my _____ died.
- I'm here to just spend time together if you don't want to talk.



CHILDREN AND GRIEF

Grieving the loss of a loved one is difficult, especially for a child. When a child loses a loved one to death or incarceration, the loss can have a profound effect on the rest of his or her life.



CHILDREN MAY EXHIBIT:

- Sadness
- Shock
- Anger
- Helplessness
- Irritability
- Confusion
- Guilt
- Nightmares
- Insecurity & fear
- Poor concentration
- Feeling abandoned
- Withdrawal
- Yearning
- Crying

INTERACTION WITH CHILDREN:

- Keep it simple. Use "died", not "He is sleeping."
- Allow the child to express feelings and ask questions.
- Answer questions honestly and simply.
- Allow the child a choice about attending services. Being present at gatherings and participating in services are very concrete ways children can contribute to the process of saying good-bye.
- Keep routines as familiar as possible.
- Reassure the child that they will be cared for.