

# Free Holiday Workshop Offered For Children Who've Lost A Loved One

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## Dr. Deanna Lites

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**DETROIT (WWJ)** – The holidays can be difficult for people who are grieving — and that includes children.

Rebecca DeRaud of Angela Hospice says kids do experience grief, but sometimes don't have the words or understanding to express their feelings.

She says children who have lost a loved one need routine and that includes celebrating the holidays.

"They need normalcy," DeRaud said. "So around the holiday times I think it's wonderful if the parent or the grandparent cannot provide some of that normalcy, friends can kind of take over a little bit, and extended family members, so that they still have some joyfulness."

DeRaud also says it's okay to bring up the deceased person with children, because many children worry that their loved one will be forgotten.

A Children's Holiday Workshop will be held Sunday, Dec. 14, 2-4 p.m. where participants will have the opportunity to craft a special holiday wreath in memory of a loved one — encouraging participants to incorporate memories of their loved one into the holiday season and into their lives in a new way.

Open to kids ages 5 to 12, the workshop will be held at the Angela Hospice Care Center located at 14100 Newburgh Road in Livonia. Supplies will be provided, but participants are encouraged to bring photos or other decorations that have special meaning to them, to include in their project. Pizza and cookies will be served for the children and their parents/guardians as well.

The workshop is free, but registration is required as space is limited. To register, call Sally Loughrin at 734-464-2683. For more information about Angela Hospice's grief support programs visit [AskForAngela.com](http://AskForAngela.com) or call 734-464-7810.