



Grief & Bereavement Literacy ECHO Series
SESSION 3, SUMMARY NOTES: "Children's Grief"

Thursday, October 19, 2023
12:00pm – 1:00pm PST, via Zoom

AGENDA ITEM	DISCUSSION	RESOURCES
Introduction & Territory Acknowledgment	<p>Grief & Bereavement Literacy ECHO Series "Children's Grief" Presenter: Meaghan Jackson, Music Therapist, Lumara Grief & Bereavement Care Society</p> <p>Welcome to all participants, and introduction of the presenter, and presentation outline. Participants are notified the session is being recorded.</p>	
Overview Summary Presentation & Discussion	<p>Presentation Summary</p> <p>Meaghan Jackson is a Music Therapist and works at the Lumara Grief & Bereavement Care Society based in Parksville BC. Meghan runs an online group and sessions for children a tool, the video game Minecraft, to support them in their grief journey: "Lumaria: A Minecraft-Based Children's Grief Program".</p> <p>Session Learning Objectives:</p> <ol style="list-style-type: none"> 1. Learn the basics of Minecraft and the technical requirements for running the program. 2. Understand the differences between Bedrock and Java Edition when creating a Minecraft Realm. 3. Learn some of the therapeutic interventions that have been used and their outcomes. <p>Some things we know about how children grieve:</p> <ul style="list-style-type: none"> • "Puddle Jumping"; grieving children can seem to move in and out of their grief, a bit like they're jumping in and out of a puddle • Provide space for <i>Creativity</i> and <i>Play</i> • Meet them where they are: comfortable, safe, FUN • Follow their lead: they are the experts <p>Lumaria: A Minecraft-Based Children's Grief Program schedule: Spring Break > 2hrs, 5 days (Monday – Friday) Summer Camp > 2hrs, 5 days (Monday – Friday) Monthly Sessions > 2hrs, once a month, throughout the year</p>	

	<p>In Lumaria, children have an opportunity to share what they built. The sessions start with a (in the video game program) campfire chat at the Big Tree. There is a check-in and opportunity for them to share who they are remembering, and a chat about a chosen question of the day (favourite food/activity/colours etc.).</p> <p>The children can build things together, as well as personal memorials to their loved ones. Participants can visit whenever they want to (but permissions to build are turned off so builds stay safe).</p> <p>What do the kids think?</p> <ul style="list-style-type: none"> • Kids ask for longer sessions, and more often • They're engaged active participants who take ownership of the process • They ask to come to the realm during important grief anniversaries and on special dates <p>In this ECHO session participants had a chance to share questions in the group chat that Meaghan was able to address in the video recording.</p>	
Session Materials and Additional Resources	<p>Resources shared in the Zoom Group & Chat:</p> <p>Lumara Grief & Bereavement Care Society website</p> <p>Children's Grief Awareness Symposium: November 14 - 15, 2023</p> <p>Hospice Education Days 2023: November 3 - 4, 2023, in Parksville, BC</p> <p>What's Your Grief website</p> <p>Meghan Jackson's website</p> <p>Canadian Children's grief alliance (grieving children Canada)</p> <p>Kids grief.ca</p> <p>The Dougy Center, for Grieving Children & Families (in the USA)</p> <p>Dr. Joshua Black's podcast's website</p>	<p><u>Session Recording</u> is uploaded on the BCCPC's YouTube page:</p> <p><u>HERE</u></p>
Closing	<p><u>Next ECHO Grief & Bereavement Literacy Series:</u> November 22nd 12:00pm to 1:00pm PST Topic: <i>"Pregnancy and Infant Loss - A Misunderstood Grief"</i> Click: <u>REGISTER</u></p> <p>Past sessions in this series can be found <u>here</u>.</p> <p>Visit the BCCPC ECHO session website page for upcoming sessions in all series. Subscribe: BC Centre for Palliative Care YouTube page Subscribe: BC Centre for Palliative Care Newsletter</p>	<p>Link to post-session Survey:</p> <p><u>HERE</u></p>