

# NOVEMBER 2021 CHILDREN'S GRIEF AWARENESS MONTH

1 in 14 children in the U.S. will experience the death of a parent or sibling by age 18. Join us this month to raise awareness for those grieving, honor special people we have lost, and take care of each other and ourselves.

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

1  
Kick off November by [sharing this calendar with family & friends!](#)

2  
[Back in class.](#) Learn about the ways we bring grief education to the classroom.

3 **#ROUNDUP**  
A little goes a long way! [Round-Up purchases to the next dollar for Judi's House.](#)

4  
[Grief can feel like a rollercoaster.](#) Identify reminders to prepare for hard times.

5  
Give back to grieving children by [donating essential items on our wish list.](#)

6  
Write a letter to the deceased or yourself about what you've learned in your grief.

7 **#SELFCARE**  
Create [morning and bedtime routines](#) as a family, mixing chores with fun.

8  
Stay in the know. [Sign up for our newsletter.](#)

9  
[Support grieving students.](#) Learn more from the New York Life Foundation.

10 **#ROUNDUP**  
[Make every penny count.](#) Round-Ups are a simple way to show support.

11  
[Take stock of your support system.](#) You do not have to grieve alone.

12  
Learn about the [history of Children's Grief Awareness Day.](#)

13  
Caring for grieving kids? Register for our [free virtual workshops.](#)

14 **#SELFCARE**  
Touch is a basic need. [Give yourself a hug](#) to honor your body and feelings.

15  
Tune into the [NACG GriefTalk LIVE Webinar: Teens and Grief](#) @ 2 p.m. EST

16  
[Don't be afraid to talk about it.](#)

17  
Webinar: [CBEM Based on Race & Hispanic Origin](#) @ 2 p.m. EST

18  
Today is [#ChildGriefDay.](#) Wear blue and participate in [FREE virtual events](#)

19  
[Focus on healing at home.](#) Discover curated activities for families to process loss together.

20  
[#ShopforGood](#) through 11/21 with Kendra Scott. 20% will go to Judi's House! CODE: [GIVEBACK-AVXMG](#)

21 **#SELFCARE**  
Music + movement contributes to good health. Walk to your favorite playlist.

22  
The holidays can be difficult. [Here are some ways our families cope.](#)

23  
Stories are powerful. Check out our [reading list on grief for youth and adults.](#)

24 **#ROUNDUP**  
[Take your giving to the next dollar.](#) Spare change changes lives.

25  
Today we give thanks for [a new home our community is helping us build.](#)

26  
[Take the first step on The Journey](#) and become a monthly donor.

27  
Grow a plant. Just like tending to your grief, [provide it care so it can flourish.](#)

28 **#SELFCARE**  
Grief can make the everyday hard. [View our list of tough topics for help.](#)

29  
[Listen to our Great.com interview](#) about helping families heal after loss.

30  
[#GivingTuesday](#) Schedule your [Colorado Gives Day](#) gift to support grieving kids.

