

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.

