



# Supporting young people through difficult times

## What is "Grief and Loss"?

This 8-week program provides a safe, non-judgmental space for young people to process emotions related to grief and loss. With the gentle support of a certified therapy dog and an experienced mentor, participants are guided to understand and express their feelings, build resilience, and find healthy ways to cope.

Looking to help young people navigate challenging emotions and experiences in a compassionate environment?

This program is designed to make a meaningful difference for every participant.

## Activity Highlights

- Understanding the nature of grief and different types of loss
- Expressing emotions in healthy, supportive ways
- Building empathy and supporting peers
- Developing resilience and self-care strategies
- Creating memories and celebrating progress

## Program Options to Suit Your Needs

We normalise grief through practical, creative activities that validate all feelings, delivered by experienced mentors (not clinical counsellors). We recommend our program runs alongside support from school wellbeing staff, psychologists, or community services to ensure every young person receives the care they need.



### **Benefits**

- Provides a safe, supportive environment to process grief
- Encourages healthy emotional expression and coping skills
- Builds resilience and self-awareness
- Fosters empathy and understanding among peers

### **Why Choose Dog-Assisted Learning?**

- Create a calm, comforting presence for participants
- Lower anxiety and emotional distress
- Encourage open communication and trust
- Support emotional healing and resilience

### **Important Details**

- Maximum of 10 participants per group for focused support
- All sessions are inclusive, evidence-based, and tailored to individual needs
- Participants reflect on progress and celebrate their achievements

### **What People Are Saying**

*"The Canine Comprehension program provided a gentle, caring space for our students to talk about their feelings and support each other. The therapy dog made a world of difference."*

— School Wellbeing Coordinator

**[www.CanineComprehension.com.au](http://www.CanineComprehension.com.au)**