

# GRIEF CREATURE

Imagine that the grief creature lives inside this cave...write or draw about your grief creature below.

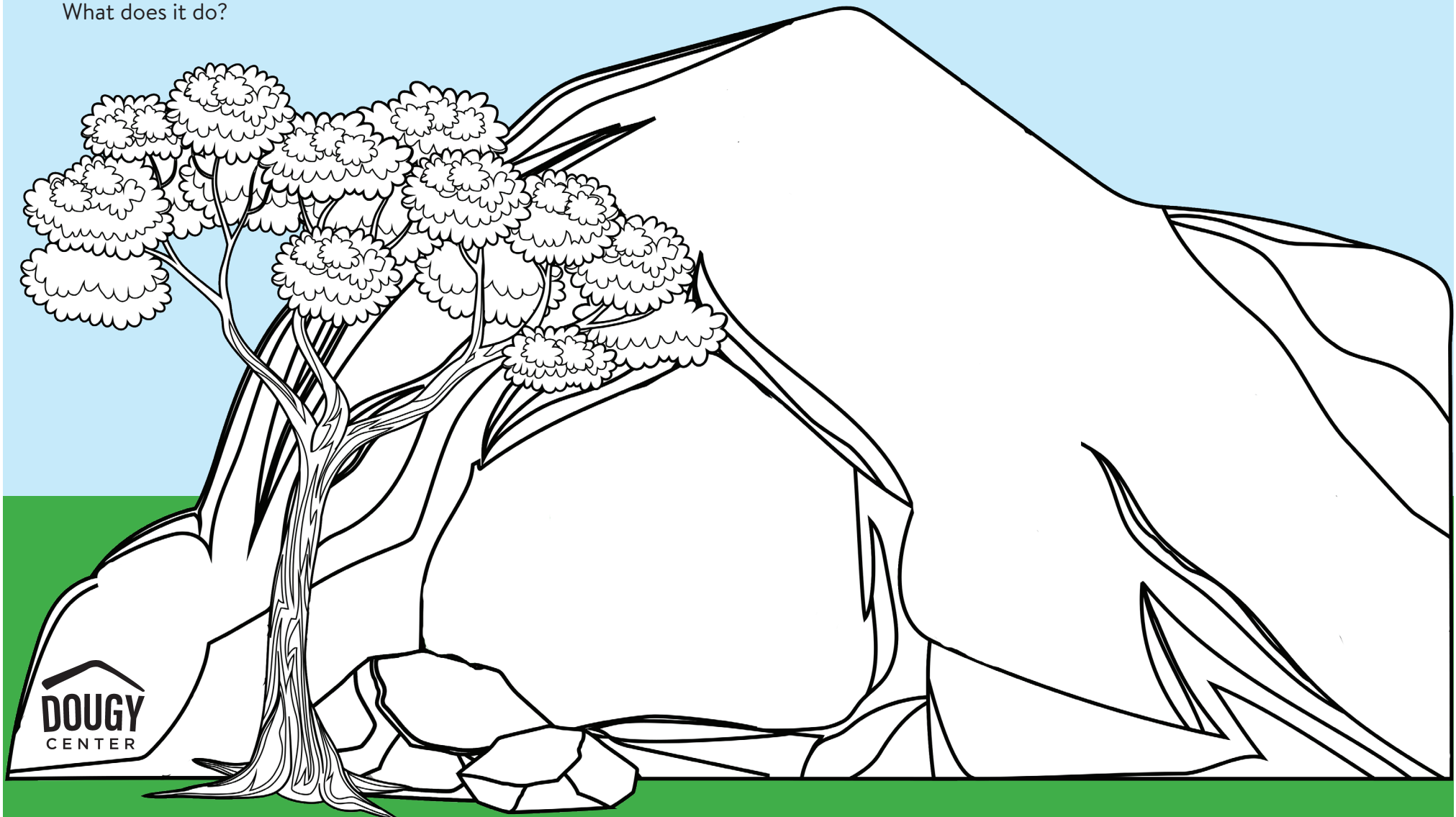
What does it look like?

Is it friendly, angry, sad, happy...all of these? None of these?

How does it sound?

Does your grief creature have a name?

What does it do?





The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

**[dougy.org](https://dougy.org) • [help@dougy.org](mailto:help@dougy.org) • 503.775.5683**



This resource was funded by the Brave of Heart Fund, founded by the Foundations of New York Life and Cigna and administered by E4E Relief. The Brave of Heart Fund was established in 2020 to provide charitable grants and emotional support services to families of the frontline healthcare workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. It continues to offer support to these bereaved families via partnerships with non-profit organizations aligned with the fund's core purposes.

**[employeerelieffund.org/brave-of-heart-fund](https://employeerelieffund.org/brave-of-heart-fund)**