



# GRIEF

## INTERACTIVE TOOL KIT

CREATED BY UNSINKABLE & PROJECT POWER GLOBAL

EXPLORING THE DIVERSITY IN WHICH  
YOUTH EXPERIENCE GRIEF &  
SPOTLIGHTING SUPPORTS AVAILABLE.



CONNECT WITH UNSINKABLE



## GRIEF RESOURCES



Youth  
Dynamics

### TOP 10 TIPS:

- Seek and Accept Support
- Accept Your Grief
- Find Role Models
- Learn About Grief
- Express Your Grief
- Accept Your Feeling
- Pace Yourself
- Get Involved in Something
- Have a Little Fun
- Keep the Faith



Cleveland  
Clinic

Cleveland  
Clinic

### DO'S AND DON'TS:

- Don't put time limits on your grief.
- Don't compare your grief to other people's.
- **Do** Spend time grieving intentionally.
- **Do** Seek out the right social support.
- **Do** remember There's more to grief than sadness.
- **Do** Take your self-care seriously.



Psychology  
Today

### FUN ACTIVITIES TO DO:

- Light a candle to remember the person/thing/situation you are grieving
- Make a playlist to remind you of what you are grieving
- Journal about your favourite memories
- Make a photo collage of pictures
- Play games that lift your spirits

## HELPLINES

Kids  
Help  
Phone

Tap [here](#) to be directed to the Kids Help Phone website. Connect to their crisis line, resources, online activities and much more.

Crisis  
Text  
Line

Call 1-800-668-6868 or text CONNECT to 686868.  
Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

# EVERYDAY SUPPORT:

## ARTICLES, PODCASTS, THERAPY, WORKSHOPS & STORIES.



Unsinkable

### TAP TO EXPERIENCE:

- Youth and adult stories
- Interactive Digital resources
- Free Online Events
- Youth Led Programming



Straight Up Health

Straight  
Up Health

### TAP TO EXPERIENCE:

- Therapy
- Workshop
- Resources



Kids Help  
Phone

### TAP TO EXPERIENCE:

- Crisis Line
- Mental Health Activities
- Text support
- Support & Informational Articles
- Much more

jack.org

Jack.org

### TAP TO EXPERIENCE:

- Documentaries
- Workshops
- Informational videos
- Stories
- Resources

untangle

Untangle  
Grief

### TAP TO EXPERIENCE:

- Free Virtual Workshops/Events
- Online Articles
- Online Advice
- Group Therapy

## ARTICLES, PODCASTS, THERAPY, WORKSHOPS & STORIES.



### KBI INSPIRE MAGAZINE

Tap the title to read.

Hailey Hechtman: [When Grief Goes Good](#)

Maureen Pollard: [How to Help When a Friend is Grieving](#)

Maureen Pollard: [Grief 101](#)

Lynn Keane: [Running & Grief - A Transformative Experience](#)

Maureen Pollard: [When it's Time for Change Make Time for Grief](#)

### LIFE OUTSIDE THE BOX PODCAST



### ANGELICA GALLUZZO THE REVOLUTIONIZED MIND

Angelica Galluzzo: [My Unsinkable Story](#)

The Revolutionized Mind: [Learn More](#)

### THE REVOLUTIONIZED MIND PODCAST



MICAH  
DAWANYI

### GRIEF EVENT YOUTH STORYTELLER

Micah Dawanyi: [My Unsinkable Story](#)

Micah Dawanyi: [5 Stages of Grief](#)

### MICAH'S LATEST BOOK



# GRIEF STORIES:

## STORIES



**Zoe Stoller**

HEALING AND SELF-DISCOVERY THROUGH  
POETRY



**Asante Haughton**

YOUTH RESILIENCE: TAKING CARE OF A PARENT  
AND THE POWER OF STORYTELLING



**Jenille Patrice**

FROM ME TO YOU: DEPRESSION HAS NO SPECIFIC  
LOOK



**Tyler Smith**

IT'S OKAY NOT TO BE OKAY



**Steven Sharpe Jr.**

NO ONE CAN DO IT LIKE STEVEN SHARPE JR: AN  
INTERVIEW



**Wynnikka Matthews**

LIVING WITH A PHYSICAL DISABILITY:  
OVERCOMING BARRIERS AND INSPIRING OTHERS



**Lorelei Williams**

MENTAL HEALTH CHECK  
WITH LORELEI WILLIAMS

READ MORE HERE

# RESOURCE RECOMMENDATIONS:

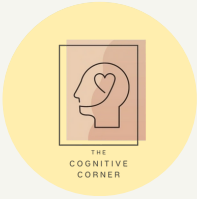
## INSTAGRAM ACCOUNTS



@UntangibleGrief



@TheGriefGangPodcast



@Thecognitivecorner



@Refugeingrief



@the.discomfort.table



@TheGriefCase

## VIDEOS ON GRIEF

**Ted Talk: Nora McInerny**  
*We don't "move on" from grief. We move forward with it*

**Indigenous Program of Experience in the Palliative Approach**  
*Grief, Loss & Healing*

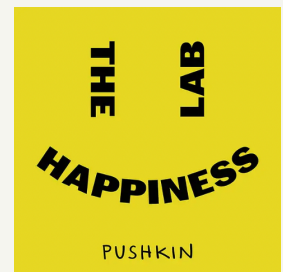
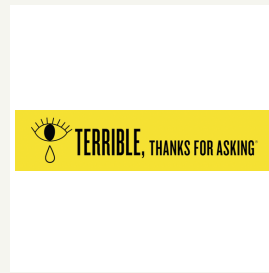
**Unsinkable Youth Community Champion Jacob Grosberg**  
*Fighting for change after losing a parent to suicide.*

**GRIEF AT THE TABLE**  
**PAUSE**  
*Grief at the Table: Holiday Dialogue from BIPOC Grief Guides*

**Unsinkable LIVE**  
*Grief is universal.*

# RESOURCE RECOMMENDATIONS:

## PODCASTS + EPISODES



# RESOURCE RECOMMENDATIONS:

## BOOK RECOMMENDATIONS



It's Ok That's You're Not Okay - Megan Devine

The Long Goodbye - Meagan O'Rourke

The Other Side of Sadness - George Bonanno

On Grief and Grieving - Elisabeth Kubler-Ross and David Kessler

## ARTICLE ON GRIEF

○○○ — □ ×

CLICK HERE

That discomfort You're Feeling is Grief

○○○ — □ ×

CLICK HERE

In Grief, Try Rituals

○○○ — □ ×

CLICK HERE

On Grief

○○○ — □ ×

CLICK HERE

Love and Loss

○○○ — □ ×

CLICK HERE

How we Grieve

○○○ — □ ×

CLICK HERE

Joan Didion on Grief

○○○ — □ ×

CLICK HERE

Poem: Mary Oliver's Wild Geese


# EVENT PARTNERS & SPONSORS:

## THANK YOU TO OUR PARTNERS.

Without you, this event would not have been possible.



**RESOURCE & SHOW PARTNER**  
YORK UNIVERSITY - FACALTY OF HEALTH




**YOUTH PARTNER**  
PROJECT POWER GLOBAL



**CHAMPION PARTNER**  
SUN LIFE FINANCIAL



**FOUNDING PARTNER**  
GOOD LIFE FITNESS



**EVENT SPONSOR**  
BUBBLE SKIN CARE



**RESOURCE PARTNER**  
KBI INSPIRE MAGAZINE



# EVENT PARTNERS & SPONSORS.

## THANK YOU TO OUR PARTNERS.

Without you, this event would not have been possible.



Straight Up Health

**RESOURCE PARTNER**

*STRAIGHT UP HEALTH*



**MUSICAL PARTNER**

*DOUBLE MAJOR ACAPPELLA GROUP*



**PRODUCING PARTNER**

*PRESS IT*



**STRATEGIC PARTNER**

*RETREAT CANDLE CO*

CONNECT WITH UNSINKABLE

