

Download Facing Grief: Bereavement & The Young Adult

Grief and bereavement. Download a printable version on this page. Helping children and youth cope with death. At some point, we all face the death of someone we love. Grief and Relationships Grief can take a toll on relationships because it is primarily an individual experience. Partners can try to understand someone else's grief but they can never experience it or take on the burden themselves. Strategies that you could use to overcome your grief: Understand more about loss, separation and bereavement Learning strategies to help you stay active and make good use of your time. Grief and Loss. CancerCare provides free, professional support services for people who have experienced the loss of a loved one to cancer, as well as grief and loss information and additional resources.