

Grief Resources

Grief Kits:

Grief kits are available in the Main Office at the Fairmont Jr. Sr. High School, please see a student support member to receive one. Kits include: grief journal, coloring pages, colored pencils, fidget, strength/hope rock, and additional readings.

Camp Oz:

Mayo Hospice Camp Oz program - a grief camp for children and teens. Mankato Hospice is offering 2 programs: **Camp Oz Cares** and **Camp Oz Connect**.

1. "Cares" is a grief care package program (k-12)
2. "Connect" will be a virtual Grief Group for grades 9-12. High schoolers can participate in both. More information is in the link below.

Updated Link to this program will be shared when we receive it.

Online Resources

<https://www.dougy.org/grief-resources/support-groups/Supports in Minnesota>
[Teen tips](#)

Books:

[The 16 Best Books About Dealing With Grief, According to Psychologists](#)