

<http://skylight.org.nz/Helpful+Articles>

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Helpful Articles

Here are printable Skylight articles on a range of grief related issues, which have been grouped into topic areas. More will be added regularly.

All of these articles are in PDF format, and require Adobe Acrobat PDF Reader (free download).

About Grief

Supporting Children and Teens Through Tough Times

Breaking Bad News

Supporting Adults Who Are Grieving

Illness

When A Death Is Anticipated

After A Suicide

After a Homicide

Family Break Up

Supporting a Sibling whose brother or sister faces illness, injury or disability

Building Up Resilience

Anger Management

Pet Loss

Parenting After Violence in the Family

Moving House

Awareness of Change, Loss and Grief during the Holiday Season

Support Information for those affected by Natural Disasters - [click here](#)