



NOUVEL CATHOLIC CENTRAL HIGH SCHOOL & JUNIOR HIGH COUNSELING

We are Nouvel Catholic Central, called by Christ to learn, love and lead... courageously.

✉ kboros@nouvelcatholic.org

☎ (989) 399-2231

🌐 www.NouvelCatholic.org/Guidance

October 10, 2025

Greetings, Nouvel families -

In addition to the in-person support offered on campus today, we wanted to share additional resources to assist you, your family, and anyone you know who may be struggling. One of the most common questions has been "how do I help my child?" and truthfully, there is no uniform answer. However, it is important that you are honest with them and avoid using euphemisms. Our students may want to come together to support each other, but it is best to do so in a controlled and emotionally safe setting where a trusted adult can further support any needs that may arise. Below are a few helpful resources for talking to your child and supporting them in their grief.

Parent Resources:

- [National Alliance for Children's Grief: Listening Guide](#)
- [Key Points When Talking to Children & Teens About Death/Dying](#)
- [What to Say, What Not to Say?](#) and [What to Say Instead](#)
- [Teen Grief](#)
- [Developmental Responses to Grief](#)

Additionally, the [Dougy Center: Grief Resources for Parents & Caregivers](#) is an excellent resource for parents looking for more guidance in supporting their child's grief journey. Likewise, I would encourage you to check out the [Children's Grief Center of GLBR](#) for additional resources. Attached, you will find community-based providers if more intensive needs arise.

Please do not hesitate to reach out via email kboros@nouvelcatholic.org if I can be of further assistance.

Best,

Kerri Boros
School Counselor