



Your backpack is full of fun, interesting and very helpful tools for you to use. It is designed to help you move through the different feelings that you may be experiencing. You can sit with a family member or Friend to talk about what is going on in your life right now. You are never alone in your journey, always remember that.

Community Nursing Services

GRIEF BACKPACKS



Tears are the silent language of grief. -Voltaire

Grief is like a backpack, it gets put on my back everyday. Most days its heavy, sometimes its lighter. Most days I take things out, Sometimes I put things in. I never leave home without it on my back, as I walk through grief with my backpack.

Cuddly Grief
Ages 3-7

Uniquely designed and age appropriate items to assist in cuddles and hugs involving grief daily.

Crazy Grief
Ages 8-12

Uniquely designed and age appropriate items to assist with the crazy emotions and effects of grief.

Wild Grief
Ages 13-17

Uniquely designed and age appropriate items designed to assist in the wild roller coaster emotions of grief.

Backpacks are produced as needed and tailored to fit the individual recipient. Please send detailed information including hobbies, likes and interests when submitting a request for a Backpack.

Submit requests to:
Roy Olson, Bereavement Program Manager
roy.olson@cns-cares.org

