


## An AVRCE Pilot – The Grief Literacy Project: Helping Children Find Language, Connection, and Support Around Grief and Loss

# Jan Fraser

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Jan Fraser has been a school counsellor with AVRCE for 13 years, working with students, staff, and families at every level. She also has been an integral member of the AVRCE Crisis Team for 10 years, bringing compassion, steadiness, and a deep understanding of school communities to this work.

Currently working at the elementary level, Jan is committed to helping support the Grief Literacy pilot project as it unfolds. Her work is grounded in a strong belief that children, families, and school staff are better supported when grief and loss are met with care, connection, and developmentally appropriate understanding.