

Grief Journeys Support Group 2019

Children and Teens Grief Support Group

Young people experience physical and emotional reactions to grief and grieve differently than adults. Being in a support group with others their own age who have also lost someone important to them helps them know they are not alone.

Hope uses a peer-based support model that relies on sharing among children with similar experiences. Each group is lead by facilitators who have special training in working with children and teens.

We offer children an opportunity to express feelings, share memories, and learn healthy coping strategies through the use of play, creative art modalities, and various group activities.

The Children and Teens Grief Support Group meets twice a month on Thursdays during the school year:

**April 4, 18 ♦ May 2, 16
June 6**

Time: 6:00 – 7:30 pm

(Call for information on dates for the 2019-2020 school year.)



Support for Parents and Caregivers

While the children and teens attend their support groups, parents and guardians are encouraged to attend separate parallel sessions that provide insights on child grief and to receive support through their grieving process as well.

When it comes to grief and loss, we believe

- Grief is a natural reaction to death;
- Everyone processes death and loss differently;
- Sharing your story of pain and loss helps lessen suffering;
- Being in community with others helps process grief.

A brief assessment is needed prior to enrollment. Please call our Children's Grief Support Coordinator at (925) 829-8770 for more information or to schedule an assessment.

There is no fee for our grief support services. We greatly accept donations so that we may continue to offer grief support to others at no cost.