

HIGHMARK.

CARING PLACE

finding hope in grief



The Highmark Caring Place provides support services at no cost for children and their families who have experienced the death of an important person.

At the Highmark Caring Place, grieving children and teens—from infancy up to high school graduation—and their adult family members can attend peer support groups. Additionally, virtual support groups are available for young adults.

These groups provide the opportunity for family members to be with others who have also experienced a death, helping them learn that they're not alone in their grief.

In addition to providing direct support to grieving families, the Highmark Caring Place has a further mission of elevating the conversation about grief and loss in a culture that often struggles to make space for challenging or painful topics. We do this by:

- Raising awareness of the impact of death on children and families and of their need for support.
- Increasing the overall sensitivity of the community towards children who have had someone close to them die, while building resources, skills, and comfort in providing support.
- Increasing the knowledge and skills of professionals in the area of child and adolescent bereavement.

WHAT IS THE HIGHMARK CARING PLACE?

Since it began in 1996, the Highmark Caring Place has been providing grief support services to more than 2,000 grieving children and adults every year, and has become the leading model in the nation of support for grieving families.



"I COULDN'T IMAGINE HOW I COULD GO ON AFTER MY DAD DIED. BUT AT THE CARING PLACE, I FOUND THE LIGHT OF HOPE."

- Megan, 14, HIGHMARK CARING PLACE PARTICIPANT

The Outreach and Education division of the Highmark Caring Place is available to provide grief-informed services to professionals and community members, including:

TOURS: Groups and individuals are welcome to tour any of the four Caring Place locations to learn more about the impact of death on children as well as how the Caring Place can be a helpful resource.

TRAINING: Caring Place staff can offer trainings about a variety of grief-related topics. Examples include the intersection of grief and child development, supporting grieving young adults, addressing grief in early childhood or post-secondary education settings, and many others. The content and length of these trainings can be adapted to suit the needs of your group or organization, and we are happy to partner with you to develop a training to meet your unique needs.

GRIEF TALKS WEBINARS: Caring Place staff and other experts provide educational trainings in a virtual format on a monthly basis. Topics covered include foundational concepts as well as current relevant topics in the field of grief and loss. Webinars are offered free of charge and CEUs are provided.

CONSULTATION: Clinical staff are available to consult with professionals and community members about situations in their workplace or organization.

OUTREACH: We can present or provide resources at a variety of community events (such as resource fairs, staff meetings, professional meetings, community days, etc.).

RESOURCES: A variety of written resources in addition to electronic information is available via the Caring Place website, and social media sources including Facebook, Twitter, and YouTube.

Please contact the Highmark Caring Place to explore additional ways we can partner to meet your organization's needs.

