



A Center for Grieving Children,
Adolescents and Their Families

*In cooperation with Highmark Healthy High 5,
an initiative of the Highmark Foundation, a
tax-exempt, private foundation that supports
initiatives and programs to improve the health
and quality of life of the communities it serves.*



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The Highmark Caring Place is a program of



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About the Highmark Caring Place Making an Impact on the Lives of Grieving Children & Families

The Program

- The Highmark Caring Place is a center for grieving children, adolescents and their families.
- The Highmark Caring Place is a community resource, which offers services at no charge to any grieving family in the community.
- The Highmark Caring Place offers peer support to grieving children and adults and is where children and their families receive support and encouragement from each other and from trained adult volunteers.
- It is a safe place where children can know that they are not alone in their grief. They can share their feelings, memories and experiences.
- The Highmark Caring Place provides referral services, adult telephone support and educational programs and resources for grieving families.
- In addition, consultation services, educational presentations and resources are available for schools and other professionals in the community who work with children.
- Highmark Caring Place locations draw children and families from a 75-minute radius.

Volunteers

- The Highmark Caring Place relies on hundreds of dedicated volunteers who serve as facilitators in its programs.
- Volunteers (at least age 21) are always needed, past experience is not required, and a 26-hour training program is provided.

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The hand in the hand is a mark of Highmark Foundation.

- Individuals interested in volunteering are encouraged to call the Highmark Caring Place for more information and to set up an interview.

Peer Support Sessions

- The Highmark Caring Place program differs from many other programs across the country by offering a family-centered approach to services. Children from toddlers to teenagers (up to high school graduation age) are welcome.
- A “session” consists of ten (10) meetings held twice a week.
- At the Highmark Caring Place, children and families will not find counselors or a “therapy” experience. Rather, they will find the peer support facilitated by trained community volunteers to be a “therapeutic” experience.
- The Highmark Caring Place may not be for everyone, since all children and families deal with grief and the loss of a loved one differently. We encourage anybody who thinks they could use our free services to call us and a trained professional will help find the best “fit” for each family – either through a Caring Place experience or through a referral to another agency or organization in the community.
- All programs are held in the evening to accommodate the schedules of families who participate.

The Highmark Caring Place is supported by the Highmark Foundation through its Highmark Healthy High 5 initiative. The Highmark Foundation believes assisting grieving children will not only educate children on health coping mechanisms, but also take a proactive approach in preventing the development of unhealthy behaviors. Accordingly, the Highmark Foundation will continue to expand the program to provide outreach into the broader community.

For more information about the Highmark Caring Place, visit www.highmarkcaringplace.com.