

GRIEF SUPPORT GROUPS FOR KIDS AND TEENS!



PEER SUPPORT GROUPS



Connecting grieving children, teens, adults and families – so they know they're not alone in their grief.

Through these groups, children, teens and adults come together in a safe space with others their age.

Group members can find support, share memories of their loved ones, ask each other for guidance, and discover others who understand them while discussing the many ways that the death of a loved one impacts them and their families.

The groups are facilitated by Highmark Caring Place staff and volunteers. Children are guided in fun activities and conversations, where they get to know each other, share feelings and memories, and learn coping skills.

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.

"It made me feel calm and safe because everyone had someone die. They know how it feels."

- HIGHMARK CARING PLACE PARTICIPANT

