



## Free support group for grieving children and teens

Children who are struggling with feelings of grief and loss after the death of a parent, sibling, grandparent, friend, or another significant person in their life are invited to join our **GRIEF SUPPORT GROUP**. There's no cost to attend and sessions are held on the school campus during school hours.

During the eight-week program, children learn about grief and loss, develop coping skills, share their grief story and connect with others who are facing similar challenges. Sessions are facilitated by trained childhood bereavement professionals from The Elizabeth Hospice.

For more information, contact Jessica Porte, School Group Coordinator for The Elizabeth Hospice, at [Jessica.Porte@ehospice.org](mailto:Jessica.Porte@ehospice.org) or **760.504.2303**.

Before group, I never talked about my dad. I basically ignored his death. In these past weeks, I've grown because I'm more open about my dad. Thank you. I was blessed to be part of this group and to have someone to talk to. —Jillyan

### GRIEF SUPPORT GROUP

Eight, 50-minute sessions,  
held during school hours

8-12 students per group

Confidential



The Elizabeth Hospice

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