Peer-Based Grief Support Groups for Children and Teens

A safe, supportive environment for children and teens after experiencing the death of a loved one. No cost to attend.

Sessions are facilitated by skilled children's bereavement professionals and trained volunteers from The Elizabeth Hospice. Peer-Based Grief Support Groups give children and teens an opportunity to connect with their peers, learn about grief and loss, gain healthy coping skills, share their story, and develop a new support system. Parents and guardians are invited to attend the concurrent adult support group to discuss their own grief and the challenges and triumphs of raising a child who is grieving.

Littles (ages 3 to 6) | **Elementary** (ages 6 to 12)
Tweens (ages 11 to 13) | **Teens** (ages 13 to 17)

"In Group, we learn it's OK to be grieving and that no one grieves at the same rate. We're here to work on our grief and start overcoming it together."
—Sydney, age 16

FREE Bimonthly sessions in the evening, October through May
Concurrent parent/guardian group | *Conducted via Zoom*

To submit an application, visit **www.elizabethhospice.org/children**. For more information, contact Samira Moosavi, Children's Group Coordinator for The Elizabeth Hospice, at **Samira.Moosavi@ehospice.org** or **760.796.3701**.

The Elizabeth Hospice

Peer-Based Grief Support Groups for Children and Teens are hosted by The Elizabeth Hospice, a nonprofit healthcare leader in San Diego County and Southwest Riverside County. Federal Tax ID 95-3275679.