

# Family Grief Group



## Support for Kids and Families Coping With a Death Loss

This 6-week group is for kids ages 6 -17 and their parents or caregivers.

Our Family Grief Group is a place for kids and teens to come together for peer support, remembering special people who have died and exploring grief through art, play and games. At the same time, it is an opportunity for their parents or caregivers to receive support and education about coping with family grief.

### Topics we cover include...

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|-----------------------|----------------------------|
| What is grief?        | Changes that have happened |
| How do we feel grief? | How to say goodbye         |
| What helps?           | Telling our stories        |

**Day:** Thursdays  
**Time:** 5:30 - 7:00 pm  
**Location:** Lafayette

### Registration Required:

To register, or for additional information, please call TRU Community Care Grief Services at 303-604-5300



a nonprofit organization

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