



Children's
Bereavement +
Center



Lift From Loss

Free grief support groups for families

Free grief support groups for adults 18+

FREE GRIEF SUPPORT

PEER GRIEF SUPPORT GROUPS

- All peer grief support groups are FREE
- Groups for all ages (4+), including adults
- Registration for groups is required and available ongoing
- Groups are available for:
 - Children & Teens
 - Elementary School Groups (Kindergarten - 2nd grade; 3rd - 5th grade)
 - Middle School Groups
 - High School Groups
 - Adults
 - Young Adult Groups for 18 - 30-somethings
 - Adult Groups (In English, Spanish, and Haitian Creole)
 - Dedicated perinatal and infant loss groups for child loss before birth or during infancy
 - Dedicated child loss group for parents and caregivers who have lost a child of any age
- Groups are co-facilitated by mental health professionals & trained volunteers
- Activities include music and art therapy & candle lighting ceremonies
- Groups meet in the evenings every week, all year-round via zoom
- Participants decide how long they wish to attend group
- Open to anyone who has experienced the loss of a loved one as a result of illness, accident, suicide or homicide

Grief is Meant to be Shared

NATIONAL GRIEF EXPERTS | SINCE 1999 | BASED IN MIAMI, FL - SERVING NATIONALLY

LIFTFROMLOSS.ORG

REGISTER NOW: 888-988-5438 OR
SUPPORT@CHILDBEREAVEMENT.ORG

