

# Grief and Loss Groups for Youth



**Be brave and join us!**

**Learn how to deal with grief in a safe and supportive environment**

## **What do we do?**

- Snack
- Arts and crafts
- Talk and listen
- Games and physical activities
- Connect with peers who have experienced loss
- Learn to deal with feelings that come up after the loss of an important relationship



**When:** 6 consecutive **Thursdays** from **4-5:30 PM** starting April 26th

*A follow-up parent/caregiver information session will be held on **June 7<sup>th</sup>***

**Who:** Kids and teens age 6-18 who have experienced a death, loss, or separation from a parent, caregiver, family member, or other important relationship

**Where:** Center for Counseling and Psychological Services (CCPS)  
174 Hospital Loop Berlin, VT 05602

**Why:** So that youth can connect, have fun, and learn new ways to deal with difficult emotions

*Individual and parenting grief-related supports are also available*

**For more information or to sign up call Heidi Robbins or Chelsea Fifield at 802-479-4083**

Pre-registration is necessary. Medicaid and most insurance will cover this group.

Presented by the Center for Counseling and Psychological Services

Washington County Mental Health Services