

GOOD GRIEF KIDS

helping children cope with the loss of a loved one



Our Good Grief program offers caring support to elementary and middle school children, ages 4-14 (grades K thru 8), who have experienced a significant loss. Bereaved children are given the opportunity to develop coping skills in a safe and trusting environment and connect with peers who have experienced a similar loss.

"No child here wants to be part of this awful loss club, but here they are safe to express themselves, be sad, have fun and they are completely accepted and understood by their peers as every child here has experienced a huge loss."

~Parent of a Good Grief participant

In this program, children process their loss using child-focused activities such as writing, art, puppet play and other age-appropriate activities. They also connect with other bereaved children and learn they are not alone. Groups are facilitated by trained volunteers and children are grouped according to age. Parents and caregivers are given the opportunity to connect with staff in their own support group to learn how to best meet the needs of their grieving children.

- For children that have experienced a significant loss
- All services are **FREE**, there is no cost to participate
- Pre-registration is required
- Sessions meet bi-weekly from September to June

The Good Grief Program was founded in 1988 by Home Health & Hospice Care, a non-profit organization who is honored to have Friends of Aine continue this meaningful work..



Kids
GOOD GRIEF

For more information or to register, please contact the Good Grief Coordinator at Friends of Aine 603-668-1207 or goodgrief@friendsofaine.com
www.friendsofaine.com