

GRIEF RESOURCES FOR CHILDREN



Hope for Grieving Families

508-879-2800 info@jeffsplacemetrowest.org

281 Pleasant Street, Framingham

<https://jeffsplacemetrowest.org>

Jeff's Place facilitates healthy integration of loss for children aged 3-19 and their families by helping them feel connected with each other and less alone in their grief journey. Services include support groups, counseling, and crisis intervention.

Jeff's Place Summer Gathering gives families an opportunity to stay connected after meeting in our program, and join us for an evening of pizza, games, art making and more! For more information please contact Melissa at melissa@jeffsplacemetrowest.org or call her at (508) 879-2800.

E-book posted on their website: *"Grieving Alone & Together: Responding to the Loss of Your Loved One During the Covid-19 Pandemic"*



508-309-5107

Contact Jennifer: jwiles@mah.harvard.edu

526 Boston Post Road, Wayland

<https://www.mountauburnhospital.org/care-treatment/hospice/heart-play/>

Expressive arts workshops held one Saturday per month for children to help them cope with the illness or death of a loved one. The purpose of the Heart Play program is:

- to say goodbye to their loved ones
- to meet other kids who have experienced a loved one's illness and death
- to celebrate the lives of deceased loved ones through the creative arts
- to remember deceased relatives and friends with love
- to learn to help themselves by helping others

Children are separated into 4 age groups from pre-K through teens. Supportive adult discussion during children's workshops. TIMES FOR ALL SATURDAYS:

9:00-9:45 AM: Pre-K – Kindergarten, 10 AM-12 Noon: Grades 1-6, 1:00-3:00 PM: Teen Group

HEARTplay_{sm} East is a Grief Group for Children and Teens who have experienced the death of someone close to them. Saturday mornings for children ages 6-12 and Tuesday evenings for Teens. These groups meet at The Academy 425 R Watertown Street in Newton. Please register by contacting Jennifer Wiles, MA, LMHC, BC-DMT jwiles@mah.harvard.edu

Camp Erin Boston is designed for children and teens aged 6 to 17 who have experienced the death of someone close to them. Led by grief professionals and trained volunteers, the three day – two-night experience is filled with traditional, fun, camp activities, grief education and emotional support. Camp Erin Boston provides a unique opportunity for peer bonding between children and teens facing a similar

life circumstance. Camp is offered free to all families. Visit the Camp Erin Boston website at www.camperinboston.org or download a copy of our brochure.



THE CHILDREN'S ROOM

Caring support for grieving children, teens and families

781-641-4741

info@childrensroom.org

1210 Massachusetts Avenue, Arlington,

www.childrensroom.org

Provides a caring, safe & supportive environment to children and teenagers after the death of someone close to them, typically a parent or sibling. Programs for ages 3 ½ to 18, along with opportunities for parents and caregivers to meet and talk about their experience of parenting a grieving child while coping with one's own grief. Office hours are Monday-Friday 9:30-5:30. Services include:

Family Night at The Children's Room is a monthly service that provides families the opportunity to join together, centered around a creative arts activity. Extended family encouraged to participate! **RSVP Required.** Please contact us at info@childrensroom.org for more information. There is no fee for this service. However, we ask that interested families please RSVP in order to help us plan for supplies and refreshments. Held September thru May.

Parenting While Grieving Series for parents and/or caregivers who are parenting children and teens who have had a parent die. The way in which the surviving parent or caregiver is coping with the loss will help determine how well a child will cope over time. In this eight-week, evidence-based series, we will explore:

- the impact of death and loss on children
- developmental understanding of the grief process
- strategies for managing the challenges of parenting
- and for some, parenting while navigating their own grief

We will practice the essential parenting skills of listening, expressing, problem-solving, and setting limits within the context of a grieving family. **There is no cost to this series, but space is limited.** We expect a commitment to all eight sessions. Each week's theme is integral to the next week's theme.

Peer Support Groups seek to offer children, teens, and their families an opportunity to find connection and community after the death of an immediate family member. Families come to The Children's Room (TCR) after the death of an immediate family member, typically a parent or a sibling. Children and teenagers (ages 3½ – 18) come with their parent(s) or guardian(s). Family members all attend group on the same afternoon or evening. Groups begin in September or October and run through mid-June. New families are added to groups in October or February. They meet during the school year on weeknight evenings (Monday, Tuesday, and Thursday) and Sunday afternoons. Groups meet every other week for an hour and a half. Facilitators utilize creative methods including art, music, play, and poetry to encourage grief expression, memory sharing, feelings exploration, and self-care. Verbal sharing is often part of our groups, however it is always optional and we never pressure children to speak.

While your children participate in their group, we offer a simultaneous peer support group for the adults. Facilitated by trained volunteers, this group has multiple aims. In the parent group, we hope to provide a safe space in which parents/caregivers can find peer support around the challenges of

parenting grieving children and teens and around their own experiences of grief. The adult group can also be a venue in which to share information about developmental issues among grieving children and teens to parents/caregivers. Facilitators work together with the adult participants to create an environment that is welcoming to the range of perspectives, feelings, needs, and experiences members may bring. At the end of every group meeting, adults and kids come together to close the group in a big circle. This is a time when the group's staff coordinator may make announcements, and when we recognize several special occasions including anniversaries of your loved one's death and birthdays of children and teens in groups. During this time we also welcome new families and volunteers and say goodbye to families or volunteers who are leaving.

Children's Friend Carriage House Grief Support Center, Worcester

20 Cedar Street, 508-753-5425 x6430, www.sevenhills.org/programs/grief-support

Peer Support Groups for children and teens following the death of a parent, caregiver or sibling. Peer support groups meet every other week from October to June and are approximately an hour and a half long. Adult support groups are also available to the caregivers of children and teens participating in peer support at The Carriage House. Groups are led by Carriage House staff and volunteers who have completed an extensive training program in grief support. For more information contact the program manager, Emily Mullen, info@childrensfriend.org