



Children's
Bereavement
Center



Lift From Loss

Free grief groups for families

Free grief groups for adults 18+

FREE GRIEF SUPPORT

PEER GRIEF SUPPORT GROUPS FOR CHILDREN, TEENS & ADULTS

- All grief peer support groups are **FREE**
- **For all ages** (4+), including groups for:
 - **Elementary School Children**
 - **Middle School Youth**
 - **High School Teens**
 - **Young Adults**
 - **Adults (English, Spanish, & Creole)**
- Groups facilitated by mental health professionals
- Orientations held weekly; registration required
- Music and art activities included in children's groups
- Groups meet virtually every week in the evening via Zoom
- Children, teens & adults decide how long they wish to participate
- Open to anyone who has lost a loved one as a result of illness, accident, suicide or homicide
- Access for support available nationally
- **Dedicated perinatal and infant loss groups for child loss before birth or during infancy**
- Free articles and grief resources available to all in English, Spanish and Creole

Grief is Meant to be Shared

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

[CHILDBEREAVEMENT.ORG](https://childbereavement.org)

REGISTER NOW: 888-988-5438 OR
[SUPPORT@CHILDBEREAVEMENT.ORG](mailto:support@childbereavement.org)

