



# Thriving Families: building resilience

## A Virtual Family Grief Program

The goal of the *Thriving Families* Program is to promote healing by providing an opportunity for youth to express their thoughts, verbalize their feelings, and share their experience of grief. This is accomplished through art, music, books, and discussions. We service young children ages 6 through teens. The *Thriving Families* Program consists of two portions: **Youth Portion** and the **Adult Portion**.

During the **Youth Portion**, children will be provided with structured activities including themes and topics. Family involvement and support is highly encouraged. We do ask that only people who are registered participate in the groups.

The **Youth Portion** will run on a Monday via **Zoom**. The groups will run for 60 minutes. We ask that an adult be available to assist the child(ren) with starting and ending each group.

We invite **parents and caretakers** to participate in the **Adult Portion**, a virtual zoom group on Tuesdays. This group offers an opportunity to discuss the previous day's youth portion, issues | concerning your child(ren), as well as an opportunity to share your own grief. Adult group discussions cover a variety of subjects, including the emotional and physical impact that grief and loss has on children and adults.

### Registration:

- ◆ Adults will register for the Family Program **Call the Bereavement Counselor who will assist with registration requirements: 845-561-6111 x 232.**
- ◆ All children may participate in each Youth session; understanding that sessions may be specifically designed for a developmental level.

### Requirements:

- ◆ Family Intake Interview with Clinician
- ◆ Two consents to be completed:
- ◆ Telehealth consent – signed by adult
- ◆ Thriving Families Family Program Consent – signed by adult
- ◆ Agreement to assist child in the program and compliance to Zoom Group parameters

### Youth Portion

- ◆ Select **Mondays (Schedule on back)**
- ◆ Time: **6:00 pm–7:00 pm via Zoom**



### Adult Portion:

- ◆ Select **Tuesdays (Schedule on back)**
- ◆ Time : **6:00 pm–7:00 pm via Zoom**





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## Schedule

### Thriving Families Fall 2021 Sessions

#### 3 Part Series

- ◆ **Monday Youth portion: Time: 6 pm–7pm**
- ◆ **Tuesday Adult portion: Time: 6 pm–7pm**
- ⇒ September: **20th (Mon.) 21st (Tues.)**
- ⇒ October: **4th (Mon.) 5th (Tues.)**
- ⇒ October: **25th (Mon.) 26th (Tues.)**



### Thriving Families Coping thru the Holidays 2021/22

#### 3 Part Series

- ◆ **Monday Youth portion: Time: 6 pm–7pm**
- ◆ **Tuesday Adult portion: Time: 6 pm–7pm**
- ⇒ November: **15th (Mon.) 16th (Tues.)**
- ⇒ December: **13th (Mon.) 14th (Tues.)**
- ⇒ January: **3rd (Mon.) 4th (Tues.)**



### Thriving Families: Circle of Friends

#### 3 Part Series

- ◆ **Monday Youth portion: Time 6 pm–7pm**
- ◆ **Tuesday Adult portion: Time 6pm –7pm**
- ⇒ February: **21st (Mon.) 22nd (Tues.)**
- ⇒ March: **7th (Mon.) 8th (Tues.)**
- ⇒ March: **21st (Mon.) 22nd (Tues.)**



**Bereavement Counselor: 845-561-6111 x 232**