



Thriving Families

Grief Support Group

This specialized support group promotes healing by providing an opportunity for children and youth ages 6 through 13 to express their thoughts, verbalize their feelings, and share their experience of grief. The program includes art, music, books, discussions, and videos.

To fully serve the family, the Thriving Families Grief Support Group consists of two sessions: the main children/youth session and a separate adult session, in which guardians meet to discuss their children and learn ways to help them work through their grief. During the children/youth session, children are provided with themed, structured activities on specific topics. Family involvement is important in supporting children/youth in their grief. Only people who are registered can participate in the groups.

Parents and caretakers are invited to participate in the adult session, currently conducted on select Tuesdays via Zoom. This group offers opportunities to discuss the previous day's children/youth session and any concerns regarding the child(ren). It also provides an outlet for adults to process their own grief. Adult group discussions cover a variety of subjects, including the emotional and physical impact that grief and loss have on both children and adults.

The children/youth session currently runs on select Mondays via Zoom. The groups run for 60 minutes. It's important that an adult is available to assist the child(ren) with starting and ending each session.





Registration

Adults can register for Thriving Families Grief Support Group by calling the Bereavement Counselor, who will assist with registration requirements: (845) 561-6111 x 232.

All children may participate in each children/youth session. However, sessions may be specifically designed for a given developmental level.

Schedule

Winter Series 2024

- January 08 / 09
 - January 22 / 23
 - February 05 / 06
-

Early Spring Series 2024

- February 26 / 27
 - March 11 / 12
 - March 25 / 26
-

Late Spring Series 2024

- April 15 / 16
- April 29 / 30
- May 13 / 14

Children/Youth Session

Mondays
6:00 to 7:00pm

Adult Session

Tuesdays
6:00 to 7:00pm

