



Children's
Bereavement
Center



Lift From Loss

Free grief groups for families

Free grief groups for adults 18+

FREE VIRTUAL GRIEF SUPPORT GROUPS

FOR CHILDREN, TEENS & ADULTS

- All virtual grief peer support groups are **FREE**
- **For all ages** (4+)
- Orientations held weekly; registration required
- Groups for:
 - **Elementary School Children**
 - **Middle School Youth**
 - **High School Teens**
 - **Adults (English & Spanish)**
- Groups facilitated by mental health professionals
- 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**

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

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

**REGISTER NOW: 888-988-5438 OR
SUPPORT@CHILDBEREAVEMENT.ORG**