



VIRTUAL GRIEF SUPPORT GROUPS FREE TO FAMILIES

Uplift offers free grief support groups to youth, grades K through 12th, and their adult caregivers after the death of someone close to them

THEMES ADDRESSED

- What is grief?
- What feelings are normal?
- How do we learn to deal with the loss?
- What are ways to remember the person?
- How can we heal our grief?

HOW IT WORKS

- All services are **free** and require caregivers to enroll the family for services
- Virtual groups take place online via Zoom – families can use smartphone or other electronic devices with internet/WiFi
- Children, teens and adults meet separately in the afternoons and evenings
- Sessions meet for 1 hour each week for 5 weeks
- Uplift also offers virtual services for Spanish-speaking caregivers with bilingual clinicians
- A new *Come Together!* group for children in Kindergarten to 2nd grade and their caregivers

**GROUP START DATES ARE IN
OCTOBER, NOVEMBER, JANUARY, FEBRUARY, AND MARCH**

To enroll or refer a family, call Kevin Carter at 267-271-5998 or email kevin@upliftphilly.org
Visit us online at

WWW.UPLIFTPHILLY.ORG