



FREE VIRTUAL SCHOOL GRIEF SUPPORT GROUP SERVICES

Uplift offers free virtual grief support groups to youth in grades K through 12th 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** for anyone or any school interested in participating
- Groups are currently virtual and take place online
- Groups run for six consecutive weeks (1 meeting per week for 6 weeks)
- Students process their grief with peers who have also experienced the death of someone in their lives
- The school contact (counselor, principal, social worker, STEP coordinator, etc.) is the bridge between identifying the group of students and connecting them to Uplift

For families: if you are interested in your child participating in a school grief support group with Uplift, talk to your School Counselor or School Social Worker.

For more questions about the grief group, contact Sarah Sweda by phone (267) 419-9129) or e-mail sarah@upliftphilly.org.

Visit us online at

WWW.UPLIFTPHILLY.ORG