



Resilient Parenting

FOR BEREAVED FAMILIES

What Is Resilient Parenting for Bereaved Families (RPBF)?

RPBF is a series of parenting groups that shares tools for caregivers to implement into their family routine in a supportive space with other grieving caregivers. Participants learn to meet the needs of children who are grieving while also dealing with their own feelings of grief.

Who It's For

RPBF is for any caregiver of a child or children who has recently experienced the death of another caregiver. At least three months need to have passed since the caregiver's death. Anyone who provided care to the grieving child is considered a caregiver under RPBF, including parents, grandparents, siblings, cousins, aunts and uncles, family friends, and legal guardians.

How Long Are Groups?


RPBF groups are 10 weeks long, meeting once weekly for one and a half hours every week. Groups meet virtually on Zoom.



Resilient Parenting for Bereaved Families was developed at Arizona State University REACH Institute with support from the New York Life Foundation

How to Learn More and Sign Up

For more information about the RPBF program, call the Uplift Center for Grieving Children's Philly HopeLine:

 **1-833-PHL-HOPE**
(1-833-745-4673)

HopeLine Schedule

All Hours:

Mondays-Thursdays 10 a.m.–7 p.m.

Fridays 1–4 p.m.

CLOSED on Holidays

The Philly HopeLine is a free helpline staffed by Uplift's Master's degree-level clinicians. Spanish-bilingual staff and clinicians with familiarity with the LGBTQIA+ community are available to take calls. Service is available to all, regardless of immigration status.

Uplift Center for Grieving Children

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www.UpliftPhilly.org