



Bilingual In-School Grief and Loss Groups

Uplift's grief groups are for **youth in grades K–12 and their caregivers** who have experienced a significant death(s) from **any cause**. This death can be of **any significant person**—a family, friend, loved one, and more—and can be from **any amount of time ago**.

In the Latinx community, mental health issues are not usually spoken about. There is a stigma attached to asking for and receiving help. In addition, Latinx populations are often culturally more private and prefer to keep issues in the family. Many Latinx people grow up in households and environments where discussing emotions and feelings outside of the family, let alone seeking outside expertise and help for those feelings, was discouraged. The topic of grief can be very personal, but when it isn't processed, it can be left unresolved. While it can be uncomfortable and frightening to confide in people outside our family, it's important to take care of yourself, both physically and emotionally, and allow yourself the opportunity to process your grief in a safe space.

Uplift believes it is important to share this information with students in our bilingual grief groups. Uplift not only offers grief support services in both Spanish and English, but we're also committed to addressing bi-cultural identity in our in-school grief groups. We're aware that many youth we serve in the Latinx community are expected to "be American" at school, but identify with their country of origin at home. This can be very challenging for young people who are trying to figure out who they are and how they feel comfortable fitting into society. It's important that we understand this in order to be able to connect fully with our students, especially when discussing grief and the emotions surrounding it.

What do Spanish In-School/Virtual Grief Groups look like?

Uplift's skilled bilingual clinicians provides free grief groups to any school within the city of Philadelphia that requests one. For this to happen, a family will contact or reach out to their child's school counselor or social worker to inform them of a recent death that has impacted both the student and family. The counselor will work on meeting the necessary needs for the grieving student, which may include joining a school-based grief group with other children.

Uplift's groups are held once a week for six weeks and follow an activity-based curriculum designed to help children learn about grief, identify and express feelings, develop healthy coping skills, process the impact of the death, and begin to make meaning from the death. Students have an opportunity to discuss their unique grief experience with peers who understand and find comfort in not being alone in their grief. All school grief groups are free to students and no insurance payment is required. Specialized grief groups for survivors of homicide and children who had someone die from a drug overdose are also available.

How to Sign Up

Uplift's **Philly HopeLine** is a free, confidential helpline staffed by our Master's level clinicians. The Philly HopeLine is open to all youth and caregiver in the Philadelphia region. Call if you'd like to get on the list for in-school grief groups, receive emotional or grief support, and connect with community resources. Interpretation service is available for more than 100 languages. Dial **833-PHL-HOPE (833-745-4673)** to speak to an Uplift clinician.

A tip sheet from

Uplift Center for Grieving Children

Office: 267-437-3123

Philly HopeLine: 833-745-4673

www.UpliftPhilly.org

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