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What are the benefits of having this group at our school or community center?

- Helps to normalize the grieving process.
- Provides a safe space for students to connect with others who "get it".
- Decreases the sense of isolation that comes with loss.
- Allows children & teens a chance to express feelings in a safe, familiar environment.

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Why is this kind of group needed at our school or community center?

- After a death, a family can feel overwhelmed, alone & lost. Children/teens often feel they have nowhere to turn.
- Hosted at a school or a community agency provides greater access to services for children & teens.
- Without support, grieving children & teens often experience a drop in grades, difficulty concentrating, isolation, risky/unhealthy behaviors, truancy, fighting, or a decline in caring about school performance.

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What is The Children's Room?

We are the largest independent nonprofit in Massachusetts dedicated to supporting families who have suffered early loss. Utilizing a peer support model, we provide a safe & caring environment that enables all families to find community & connection as they explore the complexities of grief & go on living fully.

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Who will run the group?

This group will be co-facilitated by a staff member & intern from The Children's Room & one of the school counselors or community agency social workers.

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What will the children/teens do/talk about in the group?

Topics depend on the needs of the kids/teens in each particular group. Below are some general themes that we cover & present in groups.

- Connecting & sharing our stories/memories.
- Feelings & emotions associated with our losses.
- Coping with tough days (Mother's Day/anniversaries/holidays / etc.).
- Celebrating & honoring the people who have died – continuing on as we remember them.

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Is this the same as therapy?

NO! This group is a peer support group & a place where children or teens can connect with each other, share memories, engage in fun activities, laugh, talk & share food!

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What if the death happened a long time ago or if my child/teen does not seem upset?

No matter when the person died or how well you feel like your child or teen is coping; they are welcome as a part of this group. The group is not a place only for those who have experienced a recent loss, nor is it solely a group for students who are struggling with their loss. This group is a safe place for children & teens to share tears & sadness but also a place to share our strengths, hopefulness & memories as we continue to go on living fully.

