



Teen Grief: Grief Support Group

**Please join us for this 6-week Grief Support Group
Sessions held on Saturdays from 10:00-11:00 a.m.**

October 15th - November 19th, 2022

UpliftedCare Community Grief Center

3115 N. 1000 West Rd. Boubonnais, IL 60914

Teens grieve when a loved one dies and those feelings and emotions may be experienced differently than younger children or adults. If the loved one was a family member, they may try to appear stoic or often try to give the impression that they are managing their emotions in an attempt to protect their grieving parents or younger siblings. If they are grieving the loss of a friend, they may have trouble expressing those emotions at home. Whatever the situation may be, each teen's grief journey is a very unique and personal experience.

Let us help your teen process the unique emotions they are experiencing to help them on a path of healing. This six-week support group will offer the coping skills needed to help navigate grief in a peer centered environment and facilitated by a trained grief counselor.

All services are completely free of charge.

Anyone is welcome to attend, no matter where you are in your grief journey.

(this is not a school sponsored event)

Attendees will have the option to attend either in-person or virtually.

Call UpliftedCare today to register.

Office Hours - 8:30 a.m. -4:30 p.m. - 815.939.4141

Ask to speak with Sarah McCabe, Bereavement Intake Coordinator, for group instructions.

You can also email her anytime at mccabes@upliftedcare.org

To ensure safety, we follow our local health department and CDC guidelines regarding Covid-19 precautions.

