

Therapeutic Grief Groups at Mt. Washington Pediatric Hospital

Therapeutic Grief Groups

Life can be stressful at times, but it can be especially difficult if you are also grieving the death of a loved one. Going through grief and bereavement are painful and difficult experiences to endure at any time in one's life, and much more challenging if we feel we are going through it alone. Together, we can help one another through these difficult times.

- ❖ Therapy Grief Group Sessions will help those who have lost a loved one to:
 - receive emotional support from peers who are going through a similar experience of grief and loss
 - have a safe space to grieve openly and without judgment
 - gain a sense of belonging and know that you are not alone
 - learn healthy ways to cope with grief
 - make sense of your life and how to move forward while honoring your loved one

Sessions with Dr. Lindsay Gavin from the Department of Pediatric Psychology/ Neuropsychology, Program for Trauma and Healing:

- Weekly Virtual (Zoom) Sessions
 - Groups organized by age of the child
 - For children ages 10 years and younger, parents are strongly encouraged to attend the session with their child
- ❖ Space is limited, reserve your spot today!

- ❖ For more information contact:
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