



KIDZ'NGRIEF

A Children's Bereavement Program

KIDZ'NGRIEF is a unique program for grieving children and their parents or caregivers. It provides grief support for children, ages 3-18, who have suffered a death loss.

Therapists believe that children process their grief best when they are in a safe, supportive environment with other children. KIDZ'NGRIEF does not provide psychotherapy but offers support through art, games, stories, play, and other activities that promote expression of feelings and help children adjust to the physical loss of their loved one.

Children participate in age-appropriate groups:

- 3 year-olds – kindergarteners
- 1st, 2nd, and 3rd graders
- 4th and 5th graders
- Middle schoolers
- High schoolers

Three groups for adults who bring children to KIDZ'NGRIEF are also offered, as well as a "Volcano Room" to allow children to express their most volatile feelings in a safe place.

**2nd and 4th Monday of each month
(September-June)**

6:00 - 7:30pm

**Centrally located in Newport News,
location given during registration**

***Registration Required**



For more information, please contact Aria at 757-947-3420 or Ariane_Walter@bshsi.org