

Judi's House Services

Judi's House provides support to children and families grieving a death. Services are provided in Spanish and English, to youth ages 3 to 25, and their caregivers. All services are free of charge. Judi's House focuses on strengths to promote healing and prevent future problems.

Judi's House believes

- Grief is a natural, healthy reaction to loss
- Grief is universal and unique
- Grief has no age limits
- Grief is a process, not an event
- Grief does not follow a timeline or a sequence
- Grief support should be tailored to each individual's needs

Our Vision:

No child should be alone in grief

Our Mission:

To help children and families grieving a death find connection and healing

SERVICES WE OFFER

Assessment:

A Judi's House counselor meets with each family member individually to learn about their needs. We then connect the family with services offered at Judi's House and/or in our community.

Group Counseling:

Judi's House provides group counseling to grieving children and their caregivers. Groups are provided at Judi's House and in the community. Each family member is in a group of peers. Judi's House offers two group programs, *Pathfinders* and *Connections*.

Judi's House groups provide

- Education
- Coping skills
- Caregiving skills
- Peer support



Pathfinders is a 10 week program that uses art, play, and activities to reach each person. While youth are in their groups, caregivers discuss the challenges of raising grieving children, and receive support for their own grief. Families are encouraged to talk about *Pathfinders* at home, creating connection and healing.

Connections groups offer on-going support at Judi's House. Building on *Pathfinders*, families grow their relationships while adapting to changes in their grief.

Individual, Family and Couples Counseling:

Each person's grief journey is unique. Group counseling may not meet the needs of every child or family. For those families, Judi's House may offer short-term grief counseling services. Our counselors use education, creative expression, coping skills, and communication to help children and families find hope and stability in a time of uncertainty.

For more information or to get connected to Judi's House services, call **720.941.0331** or visit our website at **www.judishouse.org**.