

Grief Support Groups

For Middle School Youth

Judi's House offers therapeutic grief support groups for 5th through 8th grade students within a 20-mile radius of our organization. Any youth grieving the death of a significant person in their life are welcome. The *Pathfinders* program is available at no cost to families, schools, or other community organizations.

Pathfinders is a curriculum-based peer support group that meets 10 times for an hour each week. Group facilitators are trained grief counselors who partner with school staff and remain in contact with caregivers throughout the program.

THE GROUP PROVIDES:

- ✓ **Grief Education:** Facilitators provide information about common reactions and what to expect when you're grieving.
- ✓ **Normalization:** Youth learn there are lots of ways to process your grief and everybody does it differently. There is no right or wrong way to grieve.
- ✓ **Connection & Support:** Youth meet with peers who have also had an important person die. You are not alone in your grief.
- ✓ **Coping Skills:** Youth explore healthy ways to manage difficult and intense grief reactions.
- ✓ **Creative Expression:** Groups participate in activities, games, art, and discussion so that youth can share in the ways that feel safe and helpful to them.

