



GRIEF 101 FOR TEENS

Understanding Loss and How to Support Each Other

Grief looks different for everyone. As a teen, it can feel especially confusing or overwhelming. Whether you've experienced a loss or want to better support a friend, this session is designed just for you.

Join us for an open, supportive conversation where you can learn, ask questions, and connect with others.

What You'll Learn:

- Common grief reactions in teens
- How to support a friend who is grieving
- Healthy ways to cope with your own grief
- When and how to reach out for help

Bring a Friend

You don't have to do this alone! Feel free to invite a friend to join you.

APRIL 20, 2026 | 5:30 P.M. - 7:00 P.M.
Willis Center | 74 West William Street, Delaware, OH 43015
Held during High School Leadership Group



TO REGISTER

This event is free to attend, but registration is required.
Please register by scanning the code.

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Delaware-Morrow
Mental Health & Recovery Services Board
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For Parents & Guardians

We understand that conversations around grief can feel sensitive. If you have any questions or would like to learn more about what will be shared, we welcome you to reach out. If your teen or family could benefit from additional grief services or resources, we are here to help.

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**Cornerstone
of Hope**

CREATING A WORLD WHERE NO GRIEVING PERSON JOURNEYS ALONE.

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