



## Six-Week Support Group Program

### Winter Session 2024

*Starts* January 29  
*Ends* March 11\*


Mondays  
5:30–7 pm

*\*No meeting on February 19*

### Fall Session 2024

*Starts* September 23  
*Ends* November 4

Mondays  
5:30–7 pm



## Register or learn more

Sign up or discuss  
whether this is a good fit  
for the child in your life.

### Register for either 2024 Session



[gostandrew.com/kids/#goodgrief](https://gostandrew.com/kids/#goodgrief)  
or contact [kids@gostandrew.com](mailto:kids@gostandrew.com)


## St. Andrew

UNITED METHODIST CHURCH

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# Good Grief

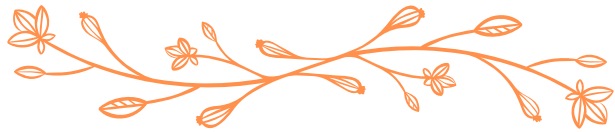


2024

Supporting kids through  
loss and transition

Good Grief is a six-week program is offered twice a year to help support kids through family loss and transition. This program provides group support for kids to explore and express feelings of grief with their peers.

Good Grief is offered at no cost and is open to the community.



## Goals for Participants

- Encounter a supportive community where loss can be safely explored
- Realize they are not alone
- Identify feelings and recognize how they come and go with time
- Learn helpful coping strategies and how to express feelings in healthy ways
- Move toward acceptance as inner strength and resilience are uncovered



**“It’s difficult to recall the nerves I felt at my first Good Grief meeting because every meeting that followed was the highlight of my and my three daughters’ week. The radical change of heart from feeling slightly afraid to get out of the car on that first day to my family’s new mantra: “I wish today were Good Grief.” It had everything to do with the soothing, thoughtful, wise, and kind group of people we discovered at St. Andrew’s Good Grief Group.”**

–Keegen H.  
*Good Grief Parent*



Groups ranging in levels from kindergarten to high school are guided by trained, nurturing facilitators in a safe confidential setting through age-appropriate conversations about their loss, transition, and feelings.

A parenting grief support group is offered for those interested.

If you know a child or youth who is living with the loss of a family member due to divorce, separation, death, or another painful transition, Good Grief can help their healing process.



**Free, non-faith-based program – open to all.**