



*Supporting kids through family loss and transition*

## Six-Week Fall Session 2020\*

\*Program is modified due to COVID 19 restrictions; limited groups will be offered

Sept 21 – Nov 2  
(no groups on October 12)

Every Monday, 5:00 – 6:30 pm

Free program  
open to the community

## Good Grief offers peer support groups . . .

designed to encourage supportive connection for children and youth who are living with grief due to a family death, divorce, separation or other painful transition.



Participants are encouraged to explore and express their feelings through activities, games and comfortable conversation



Children and youth find acceptance, support and understanding from their leaders and peers

**This is a limited session due to the COVID pandemic. Childcare will not be available.**

**Small groups will be offered for students in 4th grade—high school ONLY.**

Groups are guided by trained, nurturing facilitators in a confidential setting.

A parent support group (currently via Zoom) is offered for those interested.

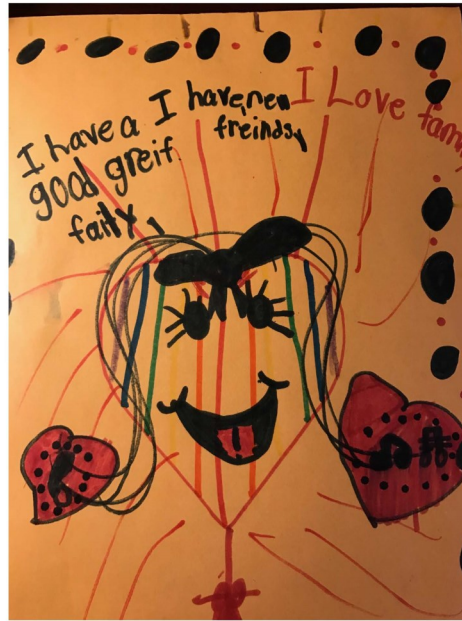
For more information, contact Rhonda Smith, Director of Children's Ministries.

[rsmith@gostandrew.com](mailto:rsmith@gostandrew.com)  
303-468-6824



### Goals for participants

- Encounter a supportive community where thoughts, questions and feelings about their loss can be safely explored
- Realize they are not alone; that others have experiences and feelings similar to their own
- 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



St Andrew is a *Rainbows for All Children* site. Our Good Grief program has been developed from the Rainbows curriculum.

For more information go to [rainbows.org](http://rainbows.org).



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Today's Date \_\_\_\_\_ Session Requested (circle) \_\_\_\_\_ Fall \_\_\_\_\_ Winter \_\_\_\_\_ Year \_\_\_\_\_

Name of Children/Youth \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

Name of parent/guardian \_\_\_\_\_

Is parent participating in adult grief support group (meets via Zoom) during each Good Grief session? \_\_\_\_\_

Reason for considering Good Grief (please indicate divorce or death, how recent, etc.) \_\_\_\_\_