



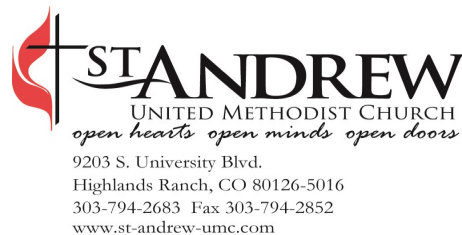
## Goals for children who participate in Good Grief

- Experience a safe, confidential space to explore all the feelings and stages of grief
- Realize they are not alone; that other children have experiences similar to their own
- Learn helpful coping strategies and how to express feelings in healthy ways
- Find acceptance as they discover their personal gifts of strength and resilience



St Andrew is a *Rainbows for All Children* site and our Good Grief program uses Rainbows curriculum.

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



*Supporting kids through family loss and transition*

**Six-week session:**

**Mondays, 5:15 - 6:45 pm,**

**Sept 23 - Nov 4**

(no session on October 14)

**Free program open to the community.**

# Good Grief is a peer support group . . .

- designed to encourage emotional healing for children and youth who are experiencing grief due to death, divorce or other painful family transitions.
- Age-related groups (ranging from pre-K—high school) are guided by trained, nurturing facilitators in a confidential setting.



- Mad
- Upset
- Nervous
- Happy
- Sad
- Embarrassed
- I don't want to think about it
- What divorce?

Throughout the program, children are encouraged to explore their feelings in a safe environment



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

Contact Rhonda Smith, Director of Children's Ministries, to register or for more information

rsmith@gostandrew.com  
303-468-6824

A drop-in grief group for adults is available during our program. Please contact Rhonda if you are interested in attending.

Name of Children/Youth	Age	Date of Birth	Grade
_____			
_____			
_____			
Address	Phone		
_____	_____		
E-Mail	Name of parent/guardian		
_____	_____		
Is parent participating in adult grief support group (meets upstairs at same time as Good Grief)? _____			
Is childcare needed for children too young to participate in Good Grief? _____			
Reason for considering Good Grief (please indicate divorce or death, how recent, etc.) _____			
_____			
_____			