

## Kids & Teens in Grief

Thursdays, 6:00-7:15 pm  
6-week sessions

Winter Session  
Spring Session  
Fall Session  
Please call for exact dates

### Registration is required:

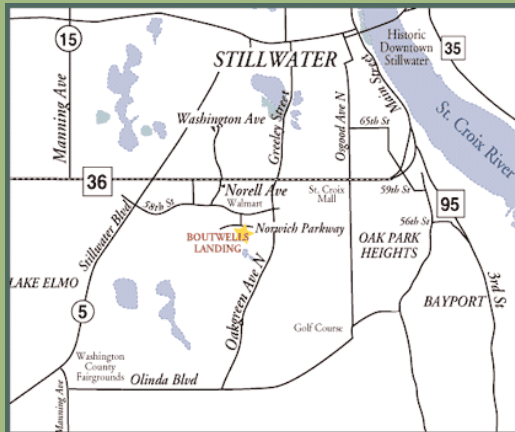
For more information and to register, please call the Lakeview Hospital Chaplaincy department at (651) 430-4586.

### Location:

Boutwells Landing  
5600 Norwich Parkway  
Oak Park Heights, MN

### Directions:

From Hwy 36 East turn right on Norell Ave.  
Turn right on 58th St. then left on Norwich Parkway into Boutwells Landing.



*Kids & Teens in Grief is a collaborative project of community organizations interested in serving the needs of children and families. Support programs are offered at no cost.*

*Thank you to the following organizations for their generous support of this program:*

**Friends of Lakeview Hospital**  
[www.lakeview.org/friends\\_lakeview](http://www.lakeview.org/friends_lakeview)

**Lakeview Hospital**  
[www.lakeview.org](http://www.lakeview.org)

**Boutwells Landing**  
[www.boutwellslanding.com](http://www.boutwellslanding.com)

**St. Croix Chaplaincy Association**  
[www.havechaplainwilltravel.org](http://www.havechaplainwilltravel.org)



## Kids & Teens in Grief

*Growing Through Life's Losses*

*Bringing the best to you*

  
**LAKEVIEW**  
HOSPITAL

*Chaplaincy Services*

(651) 430-4586 | (800) 423-7212

## You're Not Alone

When kids and teens hurt, we hope a band-aid and a hug will rid them of their pain. While this may work for a scraped knee, youth experiencing the death of a family member or close friend have wounds that go much deeper. With the help of a support group for kids and teens, families have the opportunity to work through their feelings of loss with the help of others in similar situations.

This free six-week program offers group discussion and activities based on the needs of each individual. Trained volunteer facilitators provide a caring, safe and confidential environment in which youth are encouraged to freely express their grief.

The program also offers support and education for the young person's caregiver (parent, guardian), enabling them to better understand their own grief, as well as their children's grief.

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## We Can Help!

Each session focuses on specific objectives and offers activities that are educational and supportive. The six-week program encourages kids and teens (ages 5-17) with opportunities to express their grief through art, music, photographs and group discussion.

Our trained facilitators will address each young person's specific needs, according to their age, maturity and the complexities of their loss.

Through participation in a support program kids, teens and caregivers alike learn that they are not alone in coping with the painful reality of death and loss.

## We Help Grieving Youth Work at:

- accepting the reality of their loss
  - experiencing the pain of grief
  - discovering new ways to cope in the absence of their loved one
  - reinvesting energies in everyday activities
  - learning to love and trust again
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## Acknowledge, Process and Honor Your Grief

### Program Activities:

#### Session 1

Welcome, Getting acquainted  
What is death and why do people die?

#### Session 2

Keeping memories alive  
What are grief feelings?

#### Session 3

Learning coping skills  
Finding comfort and support

#### Session 4

Coping with role changes and holidays  
Expressing and communicating feelings

#### Session 5

Sharing our memories  
Remembering through memorials

#### Session 6

Celebration!



## Donations

As a non-profit organization, Kids & Teens in Grief depends on financial support from grants and gifts to be able to offer the groups as a free service to participants. If you would like to make a tax-deductible contribution, please send a check or money order payable to Lakeview Hospital to:

Chaplaincy Department  
Lakeview Hospital  
927 Churchill St W  
Stillwater MN 55082

On behalf of the kids, teens, their parents and volunteer facilitators, thank you for helping support children with one of the most difficult tasks they will ever face - grieving the death of a loved one.