

Grief Support Group for Teens

from ages 13 to 19



Loss of a loved one can impact teens in many aspects of their lives, including school performance, self-esteem, relationships with family and friends, their ability to withstand peer pressure, and health.

The Hospice *Grief Support Group for Teens* is a safe and supportive environment where teens can share with other teens and participate in activities that will be focused on healing and honoring loved ones teens have lost.

- **Eight week group begins Tuesday October 15, from 4 p.m. to 5:15 p.m. and meets weekly until December 10, 2019 (No meeting Thanksgiving week.)**
- The Group is facilitated by Hospice Grief Counselors.
- This free service is open to all teens in our community who may be experiencing loss due to a death.
- Refreshments will be provided.
- Sessions are held in the Grief Support Services building at the Hospice of Humboldt Campus in Eureka.



Please call Candace or Gretchen at 267-9801 to register for the group or get more information and answers to your questions.

Hospice of Humboldt, 3327 Timber Fall Court, Eureka, CA 95503
(707) 445-8443 www.hospiceofhumboldt.org