

BRINGING THE SUPPORT GROUP EXPERIENCE ONLINE!



Connecting grieving children and teens, young adults and families – so they know they're not alone in their grief.

Through these groups, children, teens and adults come together in a safe virtual space with others their age.

Group members can find support, share memories of their loved ones, ask each other for guidance, and discover others who understand them.

The groups are facilitated by Highmark Caring Place staff members. Children are guided in fun activities and conversations, where they get to know each other, share feelings and memories, and learn coping skills.

"IT MADE ME FEEL CALM AND SAFE BECAUSE EVERYONE HAD SOMEONE DIE. THEY KNOW HOW IT FEELS."

— 11-YEAR-OLD HIGHMARK CARING PLACE VIRTUAL PARTICIPANT

Groups for adults, including those for young adults, are a forum for discussing the many ways that the death of a loved one impacts them and their families.

**Highmark Caring Place Virtual uses the Zoom platform. A device with a camera, microphone and Internet/WiFi is needed. If you don't have access to a device or the internet, you can contact the Highmark Caring Place for special instructions.*

WHAT IS THE HIGHMARK CARING PLACE?

Since it began in 1996, the Highmark Caring Place has been providing grief support services to more than 2,000 grieving children and adults every year, and has become the leading model in the nation of support for grieving families.



MORE INFORMATION? www.highmarkcaringplace.com/contact •     