

Grief Group



Who? Mrs. Robinson (School Counselor) will be leading the group.

What? Grief Group is a safe place for students to talk about loss and bond with others who have had similar experiences through activities and learning coping mechanisms.

When? Every Wednesday during Enrichment for 8 weeks

Please see schedule to view exact dates

Where? Conference room to the left of lunch lines

Why? Research findings suggest a consistent pattern of evidence that confirms the effectiveness of mental health support groups (Worrall et al., 2018) Talking about grief can help students to cope by helping them to feel understood and supported.

**Remember to have parent
fill out consent form!**