



Free Parkland Grief Support Groups for Children, Teens, Families, and Adults

The Children's Bereavement Center (CBC) and Lift from Loss (LFL), in partnership with VITAS Healthcare, offer free of cost peer grief support groups for children, families, and adults after the loss of a loved one.

- No cost to participate
- **Weekly Orientations** for new families & individuals
- Groups meet weekly from 6:30 – 8:30 p.m. at Heron Heights Elementary School
- Child, teen, and adult groups
- Support groups facilitated by grief professionals
- Art and music specialists
- Pizza dinner included
- Separate groups for teachers and educational professionals provided

Together in our groups we...

- Build Resilience
- Strengthen Families
- Inspire Optimism
- Restore Hope
- Instill Renewed Purpose in Life
- Develop Coping Strategies



The CBC and LFL are a child, family, and adult resource for grieving children, families, and adults, providing free peer support groups for 19 years in South Florida. We have 9 sites in the tri-county area and serve over 1,500 participants annually.

Our mission is the ongoing, long-term support of children, families, and adults in the aftermath of traumatic loss.

To register, please contact the main office at (888) 988-5438 or program@childbereavement.org

For more information, please visit www.childbereavement.org