



Peer Grief Support Groups

Grief support groups are designed to give the children the opportunity to talk, draw, write, play or act out their grief journey and to process these experiences with others who are going through the same thing. Activities are appropriate to each age group, but may include an art project, a puppet show choreographed by the kids, reading children's stories about different kinds of death, writing personal stories about the death, and more. Group guidelines let each child know they can always "pass" if they feel they aren't ready for an activity. Families are provided with a complementary dinner before groups start. The dinner is an important part of the group night. While some of our families are in real economic need of this meal, the purpose of the dinner is to give the families 30 minutes to be together and to nourish themselves before going into a group to face what is probably the worst thing to ever happen to them.

Details

Minimum Age: 5

Maximum Age: 25

Restrictions: n/a

Services

Support Groups

Locations

*3001 Trellis Drive NW
Albuquerque, NM 87107*

Phone: (505) 323-0478

Geographic Area Served: Bernalillo County

Parent Organization

The Grief Center

The Grief Center (GC) of New Mexico's mission is to provide compassionate and safe support, understanding, healing, and hope to the grieving community. Our vision is that all grieving people will receive the compassionate support needed to foster hope for the future. CG is the only organization in Central NM addressing the needs of at-risk families and adults in order to mitigate the many negative outcomes associated with unsupported grief.

To eliminate barriers for vulnerable families in our communities to receive support, services are provided at

no cost so that children, teens, and adults are never turned away from receiving resources and support to help them thrive, succeed and achieve their full potential.

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EIN: 850474099

<http://www.griefnm.org>