**GOOD GRIEF**

Good Grief is a nonprofit organization that provides free, evidence-based programs to grieving children, teens, young adults, and families after the death of a parent or sibling. We currently serve over 550 participants a month in our two centers, located in Morristown and Princeton, New Jersey. *In Community* is our program for urban youth.

**ABOUT THE PROGRAM: IN COMMUNITY**

In Community is an accessible program that provides support within the community where children and families live. Our program meets ten, research-informed program goals over a nine-week duration. It is designed for children 6-18 years of age who have experienced the loss of someone significant in their lives, which includes parent, sibling, guardian, mentor, or friend.

*In Community* meets every week for 9-weeks for two hours. It begins with dinner and fellowship and is followed by an hour and fifteen minutes of peer support programming. Simultaneously, guardians have a support group designed to meet their needs. Three of the nine sessions teach parents resilient parenting for bereaved children.

**IMPACT**

Our goals include the reduction of isolation, creating a safe environment, development of coping skills, building resilience, and developing hope for the future. Our Theory of Change is measured through pre, post, and follow up evaluations. Our program is duplicable and children and families can reenroll if needed.

**VOLUNTEER FACILITATORS**

Our peer support groups are run by trained volunteer facilitators who make all the difference by creating a safe and caring environment where children and families can express themselves, care for each other, and rebuild their lives together. A facilitator has many characteristics, but the most noticeable attribute is empathic listening. The role of a facilitators is to facilitate the expression of emotions and stories within a support group. Support groups do not consist of counseling or therapy, and our objective is not to “fix” children or their families.

Our 12-Hour Facilitator Training is an engaging experience which develops skills, reframes ideas about death and bereavement, and explores the complexity of the grieving process and variables that impact grief. Following the training, we require facilitators to make a nine-week commitment to facilitate, meeting each week for three hours (6 – 9 pm). Staff supports our facilitators each evening through a Pre and Post-Group, which is a chance to process and reflect on the night. Our facilitator training for *In Community*, Jersey City will be in January 2019.

**LEARN MORE:**

To sign up your family for groups, refer a family, or become a volunteer facilitator contact Whitney Allen, Program Manager, whitney@good-grief.org, 908-522-1999 x8004. *In Community* in Jersey City will launch February 2019.