

# FREE Parkland & Coral Springs 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, are a resource for grieving children, families, and adults, providing free peer support groups for **19 years in South Florida**. We have **10 sites in the tri-county area** and serve over 1,500 participants annually.

## About CBC Parkland Groups:

- **No cost to participate**
- **Weekly orientations** for new families and individuals
- Groups meet weekly from 6:30 – 8:30 p.m. at Heron Heights Elementary School
- Child (ages 5+), teen, and adult groups occur at the same time
- Support groups facilitated by grief professionals
- Art and music specialists
- Pizza dinner included
- *Separate groups for teachers and educational professionals provided*

To register, please call (888) 988-5438 or email [program@childbereavement.org](mailto:program@childbereavement.org)

For more information, please visit [www.childbereavement.org](http://www.childbereavement.org)



## Together in our groups we...

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