

LOCAL, REGIONAL & NATIONAL RESOURCES *for Bereaved Children & Teens*

NH PROGRAMS

Good Grief - Kids (Manchester) offers caring support to bereaved elementary and middle school children, ages 4-13. Groups are facilitated by trained volunteers and help children connect with other bereaved children to learn they are not alone in their sadness. Children are grouped according to age to participate in activities such as writing, art, puppet play and other child-focused programs.

Good Grief - Teens (Manchester) is a support group created by and for bereaved high school students, ages 14-18. Teens are welcomed to a safe place to process their loss with peers who understand what they are going through. Our trained volunteers provide coping tools for the journey, helping young adults to effectively manage the emotions and sadness that follow a devastating loss.

Registration required for Good Grief. Call 603-668-1207 or email goodgrief@friendsofaine.com.

H20 (Concord VNA, Concord Hospital, Boys and Girls Club of Greater Concord) is a monthly support group for bereaved children and teens (ages 6-18) and their families. To register, call 603-224-4093, ext. 2828.

Crossings Bereavement Support Group for children & their families aged 3-18 through Visiting Nurse in North Conway NH, www.vnhch.org/community-health or contact Julie Lanoie, Program Coordinator 603-356-7006 ext. 43 or 800-499-4171 email: julielanoie@vnhch.org

REGIONAL CHILD LOSS CENTERS

The Children's Room, Arlington, MA www.childrensroom.org

The Center for Grieving Children, Portland, ME www.cgcmaine.org

NATIONAL WEBSITES

www.childrengrieve.org (National Alliance for Grieving Children)

www.dougy.org (The Dougy Center in Portland, Oregon)

www.compassionatefriends.org Provides support for families who have experienced the loss of a child. Local chapters in Nashua and Manchester. Local contact: www.tcfmanchester.org

www.grievingstudents.org Specific to grief in the school setting

To be connected with therapists who have experience in grief and loss, contact our Bereavement Team at 603-420-1919.

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CAMPS

Camp Comfort Zone, 3 day weekend camp for bereaved children and teens.

www.comfortzonecamp.org

Camp Erin, The largest nation-wide network of free bereavement camps for children and teens.

www.moyerfoundation.org/camps-programs/camp-erin

Camp Kesem, a free summer camp serving children who have lost a parent to cancer.

www.campkesem.org

Camp Mariposa, An addiction prevention and mentoring program for youth (ages 9-12) impacted by the substance abuse of a family member.

www.moyerfoundation.org/camps-programs/camp-mariposa

Circle of Tapawingo, Sweden, Maine and Circle of Fleur de Lis, Fitzwilliam, NH, overnight, free, 6 day camp for girls ages 9-14 who have experienced the loss of a parent.

www.circlecamps.org

Manitou Experience, overnight, free, 6 day camp for boys in grades 4-11 who have lost a parent or sibling.

www.experience.camp

On Belay, free, outdoor, adventure based program for children and teens, ages 8-18, dealing with a family member with cancer.

www.on-belay.org

Outward Bound, outdoor, adventure based program for grieving teens:

www.outwardbound.org/group-programs/grieving-teens

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