

Good Grief Club

A Good Grief Club is a 7-week school or community-based support group for students who are grieving.



"I learned that I am not the only one going through this."

-High School Student



"These students are so impacted by their losses. One boy rarely talked. One boy was suddenly doing poorly in school, previously a stellar student. Each of these kids came out of their shell, and would come again next year."

- Elementary School Counselor

Who? Any Montgomery County elementary, middle, or high school student who has experienced the death of a significant person in his/her life either recently, or years ago. Students may participate in a Good Grief Club more than once.

What? Support group co-facilitated by a trained Hospice Caring, Inc. volunteer and a school counselor or partner organization representative.

Curriculum includes:

- Experiential Activities
- Expressive Arts
- Guided Conversation

When? The school or partner organization determines the day and time the group meets. Sessions run for 7 weeks.

Where? Sessions are conducted in schools and other community facilities throughout Montgomery County.

Why? Students will (based on age and developmental stage):

- Learn that he/she is not alone
- Connect with grieving peers
- Be better able to discuss grief and loss
- Gain new skills to manage feelings
- Identify people he/she can turn to

How? The Good Grief Club is possible through a partnership between Hospice Caring, Inc. and Montgomery County schools and community-based organizations.

Hospice Caring, Inc. provides the curriculum, a trained volunteer facilitator, materials, and all handouts and forms.

The school or community-based organization staff identifies at least four students who could benefit from the program and secures parental permission for them to participate. They also schedule the meeting times during the school day or after school and are present as a co-facilitator for all sessions.



Getting Started

To learn more or schedule a Good Grief Club at your school or community-based organization, please contact **Penny Gladhill**, Director of Bereavement Services, at **301-990-8904** or **pennyg@hospicecaring.org**.

Seven weeks of support

Session 1: Getting acquainted

Creating a safe environment for sharing

Session 2: Feelings after a loss

Distinguishing between grief, loss and mourning; understanding changes

Session 3: Guilt, depression & anger

Dealing with anger, seeking support; understanding these feelings are normal

Session 4: Adjusting to change

Recognizing changes have occurred in the family; acknowledging "special days"

Session 5: Getting through grief

Recognizing healthy and unhealthy coping

Session 6: Wrapping up

Acknowledging progress has been made

Session 7: Evaluation of program

Memorial Celebration and evaluation

*"I learned that my mother
will always be in my heart"*

-Elementary School Student

Hospice Caring, Inc., in partnership with the City of Rockville, Family Services, Inc., the Mental Health Association, and the YMCA Youth and Family Services, is broadening the Good Grief Club program to provide support to children and families in many of the languages spoken in Montgomery County. This expansion is generously funded by the New York Life Foundation.

Established in 1998, The Good Grief Club is a program of Hospice Caring, Inc., a nonprofit 501(c)3 organization that provides caring, compassionate, practical and high-quality, non-medical support services, without charge, to Montgomery County adults and children facing a life-threatening illness or grieving the death of a loved one.

Hospice Caring also provides...

- Adult Bereavement Support Groups
- Camp Caring for Children
- Community Education
- Health Classes in Schools
- Volunteer Helping Hands



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Hospice Caring Non-Discrimination Policy

Hospice Caring is committed to providing an environment that is free from discrimination in employment and opportunity because of race, color, religion, creed, national origin, ancestry, disability, gender, sexual orientation, or age. Good Grief Clubs are committed to providing an inclusive and welcoming environment for all members of its staff, volunteers, vendors, students, and student families.



School and community-
based support group for
children who are grieving the
death of a loved one

A program of
 **Hospice Caring, Inc.**