

## Seven Weeks of Support

### Session 1:

Getting Acquainted & Sharing Loss

### Session 2:

Defining Grief & the Feelings That Come  
When Someone You Love Dies

### Session 3:

More Feelings That Come With Grief  
& Grief Comes in Waves

### Session 4:

Adjusting to Change,  
What You Can Control & Who's  
On Your Team

### Session 5:

Tools You Can Use & Strengths You Can  
Call On to Get Through Grief

### Session 6:

Remembering How Far You've Come  
& the Person Who Died

### Session 7:

Wrapping it Up & Unanswered Questions

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

-Elementary School Student

Established in 1998, The Good Grief Club is a program of CaringMatters (formerly Hospice Caring), a nonprofit organization that provides social supports and community education so no one dies or grieves alone.

## Other Programs of CaringMatters:

- Camp Erin© Montgomery County
- Family Nights
- Volunteer Helping Hands
- Community Education
- Adult Bereavement Support Groups



**All programs are free-of-charge.**  
**Contributions of any size are appreciated.**  
**United Way #8365 · CFC #42512**  
**Catalogue of Philanthropy Washington DC**

For more information and/or to donate:

**CaringMatters.org**  
**Phone 301-869-HOPE (4673)**  
**Fax 301-990-4909**

CaringMatters  
518 South Frederick Avenue  
Gaithersburg, MD 20877

# Good Grief Club



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

A program of  
 **CaringMatters**

# 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 CaringMatters 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 are held once a week for 7 weeks.

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

**Why?** A grieving student 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 made possible through a partnership between CaringMatters, Montgomery County schools and community-based organizations.

CaringMatters provides the curriculum, a trained volunteer facilitator, materials, and all handouts and forms.

The school or community-based organization staff identifies at least five 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 **Gilly Cannon**, Director of Children's Bereavement Services, **301-990-8904** or [gillyc@caringmatters.org](mailto:gillyc@caringmatters.org).