



## Helping Children Cope with Grief and Loss

Children face unique stressors and issues when faced with grief and loss in their lives. This six-week group for children 8-11 years old is an opportunity to help your child cope with the stressors of loss of a loved one, change in life situation, and/or trauma. Through hands-on activities in a warm and supportive environment, children will learn to proceed through the grief process following the loss of a loved one.

### CHILDREN NEED SUPPORT & STRATEGIES

This group is designed to:

- Help your child express their feelings in a supportive environment.
- Give your child an opportunity to connect to peers who have similar experiences.
- Help your child learn to talk to you about their grief.
- Provide education on the normal grief process in a way a child can understand.
- Build coping skills specific to dealing with loss.

**Using activities tailored to children experiencing grief and loss, we will help your child be able to move on in a healthy way.**

When: Please contact regarding date and time – open enrollment

Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham  
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$80.00 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000; or email [officemanager@lepageassociates.com](mailto:officemanager@lepageassociates.com)**

**Space is limited so register now to reserve a spot!**

**[www.lepageassociates.com](http://www.lepageassociates.com)**