

## What:

Support groups for children ages 5-18 and adult caregivers who are coping with the death of someone important to them.

## How:

Our groups are set up to co-create a safe space for caregivers, children, and families so that they can share their thoughts, feelings, and reactions to the loss. We provide activities centered around play, art, reflective sharing, and coping.

**Provider:** Uplift Center for Grieving Children

**Site:** Lenfest Center, 3890 North 10th Street

**Group Day:** Thursdays, every other week

**Time:** 6:00 p.m. to 7:30 p.m.

**Cost:** Free

**When:** Groups will begin in January 2020 and will be held every other week

Please contact the Lenfest Center  
for initial inquiries:

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Please contact Uplift for  
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