

L.Y.G.H.T. is coming January 2026

A Peer Grief Support Program for Teens & Young Adults in Foster Care

What is L.Y.G.H.T.?

L.Y.G.H.T. is an evidence-based peer grief support program offered biweekly to youth in foster care throughout the year. The L.Y.G.H.T. program provides a safe space for youth in foster care to listen, talk, and offer support to one another as they cope with missing family, friends, and other important people, as well as other losses in their lives.

L.Y.G.H.T. is a Dougy Center program held in the community in partnership with local organizations serving youth in foster care.

Who can attend?

Youth ages 12-23 who are in or have recently transitioned out of foster care, and have identified feelings of

loss or missing someone or something in their lives.

What can participants expect?

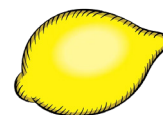
L.Y.G.H.T. is a peer grief support program for teens (ages 12-16) and young adults (ages 17-23). The topics are youth-led and youth-driven, and the groups are facilitated by two trained adults. The program is voluntary and promotes youth well-being and empowerment by providing youth with choices about IF, WHEN, and HOW they want to participate in the program.

Is the group free to attend?

Yes, all Dougy Center programs and resources are provided at no cost to youth and families.



The National Grief Center
for Children & Families



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Inspiring self-esteem in foster youth



To learn more, visit dougy.org/lyght, or contact the L.Y.G.H.T. team at lyght@dougy.org