



COVE PROGRAMS

****All are FREE****

- ❖ **FAMILY PROGRAM:** *September-June* A 20-week program delivered by a licensed therapist and volunteer facilitators. The curriculum is based on creative expression activities and projects. This is our main program but it is NOT meant to be a substitute for therapy. We recommend families begin 3 months after the date a death occurs. For ages 4-17—mostly for immediate family member (parent, sibling) or caregiver death
 - Helps children understand the grieving process, how to communicate openly, how to ask for help, and most importantly, to help them understand they are supported and served in a safe and healing environment.
 - Promote healthy grieving to prevent issues caused by unresolved grief
 - September-June ONLY

- ❖ **COVE IN SCHOOLS:** The Cove interviews schools who express a need and provides information on how to support their specific needs. An 8-week peer support group is created by The Cove with 10-12 students. [Due to the coronavirus, we are not currently offering this program.](#)
 - Provides students with a supportive peer group to address and manage their grief in a familiar school setting
 - Train-the-Trainer philosophy utilizing curriculum for age level; Program continues under guidance from newly trained facilitators (counselors, social workers, etc.) at the school

- ❖ **CAMP COMPASSION:** Camp Compassion is a Bereavement camp for ages 6-17 that provides a safe space for children/teens to explore their grief, learn essential coping skills, and make friends with peers who are also grieving. We've been doing camp every year since Sandy Hook. We are planning to have a weekend-long overnight camp in June 2023.

- ❖ **HEALING CHICKADEE:** Each Healing Chickadee provides access to videos, activities and music. Each child receives a plush chickadee bird as a sensory reminder they are never alone. There are lots of activity sheets, information about the birds (tweethearts), songs, and helpful videos.

- ❖ **CARING CONNECTION:** Goal is to assist families contacting our office with a basic assessment of needs and providing appropriate resources within The Cove or outside services.

VIRTUAL SUPPORT GROUPS:

(Applications can be found on our website)

❖ **TEEN VIRTUAL SUPPORT GROUP (AGES 13-17):**

September-June This teen support group meets virtually about twice a month from September-June. It is run by a LCSW and covers topics related to exploring the needs of grieving teens, identifying feelings, coping skills, and teen specific issues as it pertains to living with grief.

❖ **YOUNG ADULT VIRTUAL SUPPORT GROUP (AGES 18-25):**

September-June This group is designed to be a safe place for young adults to gather in a relaxed setting to support one another the grieving process. In this group, we will hold space to remember those that have died, engage in activities and discuss topics related to grief, coping skills and the life transitions that often coincide with this time of life. We hope this group will create a positive bond among those who have endured hardship.

❖ **MEN'S VIRTUAL SUPPORT GROUP:**

September-June This men's support group meets virtually about twice a month from September-June and is run by a LCSW. It covers topics related to exploring the needs of grieving children as well as men's issues as it pertains to being a parent or caregiver of a grieving child. This is a safe space for men to be themselves, open up and support one another in navigating the challenging waters of grief in hopes to continue to support the children that need them most.