



**Grief is all the thoughts, feelings,
and behaviors after someone dies.**



Free Grief Groups and Services For Youth and Families

You and your child can receive free support when someone important to you dies, no matter the person's cause of death.

Usted y su niño/a pueden recibir apoyo gratuito después de la muerte, por cualquier causa, de alguien cercano.

WHEN

Groups are offered from September through May each year.

WHERE

Groups or other services may be in-person or virtual via Zoom.

SIGN UP!

Call Uplift's [Philly HopeLine](https://www.upliftphilly.org/Philly-HopeLine) to enroll year-round: **833-PHL-HOPE (833-745-4673)** Mondays–Thursdays 10 a.m.–4 p.m.

The Philly HopeLine is closed on holidays and during Uplift office closures. Translation services are available in over 100+ languages.

THINGS TO KNOW

- **Groups meet weekly**
- **Youths ages 14+ years old** do not require parental permission
- **Services are available to all**, regardless of immigration status.
(Servicios para todos sin importar estatus migratorio)

GROUPS FOR YOUTH IN GRADES K-12 AND THEIR CAREGIVERS

In-School Groups

For students in K–12th grades during school hours at participating schools in Philadelphia.

Evening Grief Groups

- Younger Children in grades K–3rd with their Caregivers
- Older Children in grades 4th–7th
- Teens in grades 8th–12th
- Caregivers (adult-only groups)

Specialty Services

- **Grupos en Español para familias hispanohablantes**
Groups in Spanish for Spanish-speaking families
- **Juvenile Justice-Involved Youth**
Supported at PJJSC with a referral from the PJJSC team. If you know a justice-involved youth who may benefit from Uplift's grief services, contact our Philly HopeLine.
- **LGBTQIA+ Youth Grief & Loss Groups**
For youth in grades 8th–12th with a trusted adult
- **Resilient Parenting for Bereaved Families**
For adults raising grieving children whose caregivers have died (10 weeks for 1.5 hours per week)

For grief support, to sign up for grief groups, and for resources, call Uplift's [Philly HopeLine: 833-PHL-HOPE \(833-745-4673\)](https://www.upliftphilly.org/Philly-HopeLine)

www.UpliftPhilly.org