



Children's  
Bereavement  
Center

# FREE VIRTUAL GRIEF SUPPORT GROUPS

## FOR CHILDREN, TEENS & ADULTS

- **CBC virtual grief support groups are FREE**
- **For all ages (5+)**
- Orientations held weekly; **call 888-988-5438 to register**
- Groups for:
  - **Elementary School Children**
  - **Middle School Youth**
  - **High School Teens**
  - **Adults (English)**
  - **Adults (Spanish)**
- Music and art activities included in children's groups
- Groups meet virtually every week in the evening via Zoom
- Children, teens & adults decide how long they wish to participate
- Open to anyone who has lost a loved one as a result of illness, accident, suicide or homicide
- Registration required; participants must live in Miami-Dade, Broward or Palm Beach

NATIONAL GRIEF EXPERTS | 20+ YEARS OF SERVICE | MIAMI-DADE, BROWARD & PALM BEACH

MORE INFO AT [CHILDBEREAVEMENT.ORG](http://CHILDBEREAVEMENT.ORG) | @MIAMICBC

**REGISTER NOW: 888-988-5438**



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# FREE PERINATAL & INFANT LOSS GRIEF SUPPORT GROUPS FOR MOTHERS, FATHERS & COUPLES

- CBC virtual perinatal and infant loss peer grief support groups are **FREE**
- Groups for child loss before birth or during infancy
- Orientations held weekly; **call 888-988-5438 to register**
- Groups meet virtually every week via Zoom
- Groups meet Tuesday evenings from 7:00-8:30 pm
- Individuals and couples decide how long they wish to participate
- Groups facilitated by mental health professionals with expertise in perinatal loss
- Registration required; participants must live in Miami-Dade, Broward or Palm Beach
- CBC also offers FREE virtual grief support groups for all ages and losses due to death (illness, accident, suicide or homicide)

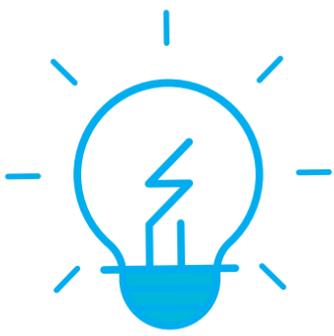
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# WHY GRIEF SUPPORT GROUPS WORK

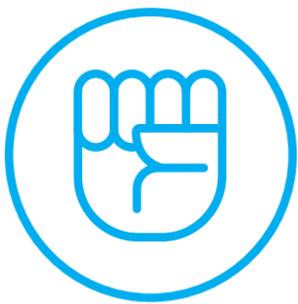
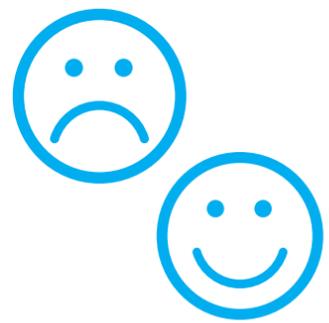


## REALIZE YOU'RE NOT ALONE

Our support groups are filled with people who are struggling with a death, just like you. Members of our groups often leave feeling a sense of relief knowing that they're not the only ones struggling with losing a loved one.

## EXPRESS GRIEF IN YOUR OWN WAY

There are no stages of grief. Grieving is a natural and healthy process that is unique to you. At our support groups, we believe in every member's innate capacity to heal herself or himself.



## GAIN A FEELING OF EMPOWERMENT

Children, teens and adults benefit from the camaraderie that exists in our support groups. Knowing that the feelings you're experiencing are normal often times instills a sense of control and empowerment.

## BUILD RESILIENCE, HOPE AND PURPOSE

Grief support systems can often lead to positive growth and systematic change. After a destabilizing death, grief support groups can help you build the social support you need to lift you from the loss you're grappling with.



## HELP OTHERS

By participating in a grief support group, you're not only helping yourself but you're also helping other members find hope during their darkest times. That uplifting feeling of support helps you gain compassion and understanding of each other's unique grief.

## CBC GRIEF SUPPORT GROUPS ARE 100% FREE

The Children's Bereavement Center's grief support groups are completely free! We host support groups at 10 locations in Miami-Dade, Broward and Palm Beach Counties. At each location, we welcome children, teens and adults to participate in their own peer support groups. A free pizza dinner is provided before groups meet every week!

WANT TO LEARN MORE?

CALL (888) 988-5438

[CHILDBEREAVEMENT.ORG](http://CHILDBEREAVEMENT.ORG) | [@MIAMICBC](https://www.instagram.com/miamicbc)

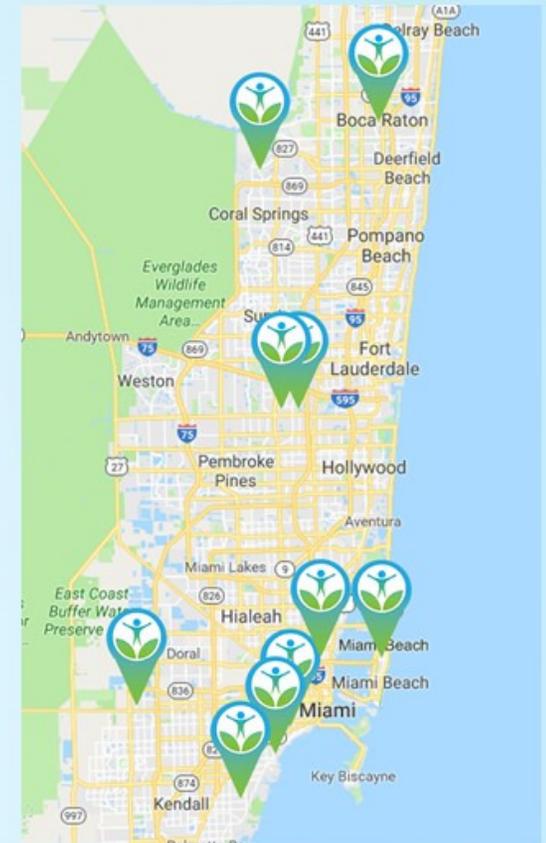


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# CBC Support Group Locations

## 10 Locations in 3 Counties & **Now Online Groups using Zoom!**

- **Miami-Dade County**
  - **Coconut Grove:** Ransom Everglades Middle School
  - **West Miami-Dade:** Belen Jesuit School
  - **Miami Shores:** Miami Country Day School
  - **Coral Gables (Young Adults):** St. Bede Episcopal Chapel
  - **Coral Gables (Older Adults):** Temple Judea
  - **Miami Beach:** Temple Beth Sholom
- **Broward County**
  - **Davie (Children & Families):** Nova Southeastern University
  - **Davie (Adults):** Nova Southeastern University
  - **Parkland/Coral Springs:** Heron Heights Elementary School
- **Palm Beach County**
  - **Boca Raton:** Saint Andrew's School



# Miami Herald

[OP-ED](#)

## Grieving in the age of coronavirus calls for social support — and creativity | Opinion

[BY MINDY CASSEL](#)

APRIL 27, 2020 04:42 PM, UPDATED APRIL 29, 2020 04:18 PM

During the isolation of the coronavirus pandemic, people are using social media and other virtual methods to share their grief over the loss of loved ones. VLADIMIR VLADIMIROV *GETTY IMAGES*

A friend posted on Facebook recently that the day before had been the anniversary of his daughter's death. She had died 19 years ago in a car accident when she was 18 years old. His yearly ritual is to go bowling on that day — an activity that they both enjoyed together. However this year, given the need to isolate, bowling was out of the question.

The coronavirus pandemic has robbed so many of us who are grieving of the rituals and support that we would normally lean on to make it through these difficult days. These “secondary losses,” the loss of traditions that sustain us through grief now are unavailable, requiring us to “reinvent the wheel” in order to comfort ourselves, lessen the pain of grief and feed our wounded souls.

Regardless of whether the losses were recent or in years past, whether caused by a virus or a car accident, it is part of our genetic makeup to acknowledge and honor dead loved ones, memorialize, remember and share our grief with others. Every culture holds funerals, memorials and gatherings in response to death. For many, the realization that we have lost someone we love often begins with the funeral. These ceremonies, witnessed by our community, begin the process of mourning.

Family, friends, neighbors and colleagues also have a need to reach out to us when a loss topples our world. And although we may be unable to show up at a funeral or memorial given the COVID-19 pandemic, we can still “show up” by reaching out — with a phone

call, text, email or a letter to offer the consolation that is so needed and appreciated by grieving families.

Today, with our prospects for funerals and memorials being challenged, those in mourning are looking for creative opportunities to acknowledge and share our grief. My friend found it on Facebook. Many of his friends and neighbors have responded and posted reassuring messages to let him know he is not alone. We do not have to be denied our gatherings —memorials are being zoomed, posted and planned in advance. Families are creating slide shows, memorial pages and videos.

Research suggests that social support is one of the most significant protective factors that helps us adjust to loss. It is why grief peer-support groups for all ages are so well-attended and effective. They offer an alternative for those seeking support and information for their families at a challenging juncture in their lives. Today, that support is available in virtual groups by the Children's Bereavement Center and Lift From Loss programs, serving South Florida.

There is no closure after loss; grief doesn't wrap up after a funeral. But there is acknowledgment, memorialization, remembrance and social support to help us rebuild our lives. We just have to get creative.

*Dr. Mindy Cassel, Ph.D., is co-founder and senior advisor of [Children's Bereavement Center](#).*

**The Children's Bereavement Center holds free online weekly grief-support groups for children, teens and parents/caregivers and Lift From Loss groups for adults. Contact the CBC at 305-668-4902, Ext. 1 or email [info@childbereavement.org](mailto:info@childbereavement.org).**

<https://www.miamiherald.com/opinion/op-ed/article242325011.html>

**After school shooting, find help navigating difficult process of grief | Opinion**

By MINDY CASSEL

FEB 21, 2018 | 4:00 PM



*Seventeen people were killed when a gunman opened fire at Marjory Stoneman Douglas High School in Parkland on Feb. 14, 2018.*

An unthinkable act of violence has unraveled the lives of the people of Parkland, devastating families, friends and an entire community. For everyone impacted, their lives are forever changed. The children, teachers and coaches who lost their lives will be missed and mourned — every day. Their families and their community are now challenged to realign their life journeys as things will never be the same.

Premature and violent, senseless and preventable deaths, as well as life-altering trauma are particularly disempowering. But, even as our reactions to such trauma seem to overcome us, we begin to cope. Our immediate response is to rally support for the families and victims by surrounding them, standing with them, and caring for one another. We have seen this response throughout Parkland, a community coming together.

People are hardwired to cope in the wake of trauma. We seek to regain a sense of stability and control. As this horrific event reverberates through this town, and well beyond, we move from reaction to response. We see this in the vigils and gatherings, and in the teens and adults who, in the face of grief, speak out against the inaction of our leaders to implement protection from gun violence.

There is no avoiding the pain and misery of these life-shattering losses, and it is clear to those of us who work and study in the field of bereavement and loss, that we cannot alter a person's grief — that grief is as unique as each individual. There is no right way to grieve and there is no quick fix.

As grief specialists we may encourage those grieving to choose their response, rather than to react in the face of grief; this is the experience of building resilience. It is a slow and difficult process, but one that results in a return to healthy functioning. Although life will always be different, we may embrace a life that is productive, meaningful and fulfilling.

Our work at the Children's Bereavement Center (CBC), a family peer grief peer support group program, and Lift From Loss, grief support groups for adults, offers perspective and coping strategies that enable individuals to accommodate their losses into their lives at their own pace and time. When a mom or dad, brother or sister, family member or friend have already lost so much when a loved one dies, there is no need to lose any more. We empower those in our care to remain connected to those they have loved and lost, to adapt to a "new normal," to recognize and utilize their strengths, and to embrace a meaningful life once again.

Grief is meant to be shared. When the funerals and vigils have passed and the rallies are over, those impacted continue to live with their losses each day. The CBC will be there to offer community support and expertise to the Parkland children, families and individuals for as long as needed. Weekly groups are free of charge. We welcome you to contact us for information about group support or referrals for additional services. We are here to help.

Mindy Cassel, Ph.D., is CEO and co-founder of Children's Bereavement Center. For more information, visit [www.childbereavement.org](http://www.childbereavement.org).

<https://www.sun-sentinel.com/opinion/commentary/fl-op-viewpoint-parkland-shooting-grieving-process-20180221-story.html>

## Children's Bereavement Center: Helping kids move on after a loss

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▲ HIDE CAPTION

Children's Bereavement Center grief support groups, which meet from 6:30 to 8:30 p.m. Tuesdays at Franklin Academy Charter School in Boynton Beach, include candlelighting ceremonies to help children and families heal. [CONTRIBUTED]

Posted Nov 13, 2018 at 12:20 PM

Updated Nov 13, 2018 at 12:20 PM

### **What does Children's Bereavement Center do?**

The Children's Bereavement Center's vision is to restore hope to children and families who have lost a loved one, and to establish the center's model of peer support as the best practice of child and family bereavement services.

## **How does your agency benefit the community?**

CBC groups help to build resilience by strengthening the family unit. Our groups are meant to be a safe place to help people share their experience of loss and inspire optimism while instilling a renewed sense of purpose in life after loss.

## **What is your agency's focus for the future?**

Our focus is to spread awareness of our free grief support groups in Palm Beach County. We are new to the area but have been in Miami-Dade and Broward counties for nearly 20 years. We have been focused on getting into the school system and making the nonprofit and community at-large aware of our services.

Last February, when the unthinkable happened, and the community of Parkland and Coral Springs were rocked by tragedy, the Children's Bereavement Center reached out to help. We recognized there is a need beyond crisis care, and therefore we created a new CBC site at Heron Heights Elementary School for long-term grief support with our valuable partners, VITAS Healthcare and Parkland Cares. Our partnership with VITAS has been instrumental in our expansion.

## **How can the community help?**

We need advocates to spread the word about our free service. We are also available to provide grief training and education by request.

*Contributed*

### **Mission Statement**

The Children's Bereavement Center's mission is to empower children, young adults and their families to adjust to life after the loss of a loved one within a supportive community of their peers, and to promote healthful grief, healing and growth.

### **Key Programs**

**Grief support groups:** The Children's Bereavement Center is led by national grief experts with 20 years of experience providing free grief support groups for children, teens and adults after the loss of a loved one. We now offer 10 site locations throughout South Florida in Palm Beach, Broward and Miami-Dade counties.

In Palm Beach County, the CBC partnered with Franklin Academy Charter School in Boynton Beach to open a site for free weekly grief support groups. Anyone who is suffering from the loss of a loved one should call 888-988-5438 or 561-257-2627 to register. About CBC support groups: Orientations are held weekly; groups meet weekly in the evening throughout the school year; free pizza is served before

groups; participants are placed into age-appropriate groups; and activities include music therapy, art therapy and candlelighting ceremonies. Children and families decide how long they wish to participate.

**Grief Training & Education:** The CBC provides grief training and education for over 10,000 professionals working within schools, hospitals and community agencies in South Florida each year. The CBC is approved by the Miami-Dade, Broward and Palm Beach public school systems to provide social and emotional learning programs on grief, trauma, positive psychology and self-care to educators, counselors and school professionals. For more details, contact our clinical director, Dr. Daniel Sheridan at [daniel@childbereavement.org](mailto:daniel@childbereavement.org)

**Children's Bereavement Center**, 7600 S. Red Road, Suite 307, Miami, FL 33143. For headquarters, call 305-668-4902; for Palm Beach County grief support groups, call 561-257-2627 or email [program@childbereavement.org](mailto:program@childbereavement.org); [www.childbereavement.org](http://www.childbereavement.org)

<https://www.palmbeachpost.com/entertainmentlife/20181113/childrens-bereavement-center-helping-kids-move-on-after-loss>