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# Grief Share *for* Teens

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## Support Group *for* Teens and Young Adults Coping With Grief and Loss

**GriefShare *for* Teens** is a support group for teenagers and young adults who are struggling with their feelings following the death of someone they care about.

### Fall / Winter 2006 Group Schedule

Dates: Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month

Time: 6:00-7:30 p.m.

Location: The MHA Office, 36 Pine Street, Lockport, NY  
(Free Parking is available behind the building)

For further information, contact The Mental Health Association at:  
# 433-3780 ext. 11

## GriefShare *for* Teens Offers:

- The opportunity for you to express feelings of personal loss and grief.
- Help with understanding your role in supporting family members and friends dealing with loss.
- An opportunity to learn from others who have experienced a similar loss.
- Support, caring, and healing provided in a non-judgmental and confidential environment.
- Open group sessions, meaning that anyone can begin attending at any time and stop at any time.

Sessions are free of charge, non-denominational and open to all.