

Winston's Wish Grief Support Groups

www.winstonswish.org

Winston's Wish online Grief Support Groups give grieving children and young people the opportunity to meet others who have experienced the death of a parent, sibling or other close relatives. These informal peer support groups are for young people aged 8-25 years old and are overseen by Winston's Wish Bereavement Support Practitioners.

How the Grief Support Groups work

Grief Support Groups are small online peer-to-peer support groups, offering grieving children and young people the chance to speak to others who have gone through similar experiences, share their stories and talk about their grief in a protected space. Young people often tell us that they feel isolated in their grief and like they are the only one who has experienced a bereavement, so these groups are a way to connect with others. Groups are split into age groups (8-12, 13-17 and 18-25 years old) so children and young people can meet others of a similar age. The groups are informal and so young people can come when they wish to – just once, every month or whenever you feel they need to – just book the group you wish to attend.

Everything you need to know

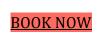
Groups for 8-12 year olds

When: The third Wednesday of each month, from 4-5pm

How: The group is run via Zoom

Who: Open to all children aged 8-12, who have been bereaved of a parent, sibling or

other close relative.



Groups for 13-17 year olds

When: The first Wednesday of each month, from 4-5pm

How: The group is run via Zoom

Who: Open to all young people aged 13-17, who have been bereaved of a parent,

sibling or other close relative.

BOOK NOW

Groups for 18-25 year olds

When: The first Tuesday of each month, from 6-7.30pm

How: The group is run via Zoom

Who: Open to all young people aged 18-25, who have been bereaved of a parent,

sibling or other close relative.

BOOK NOW

If you have any questions, please email info@winstonswish.org