



Giving hope to grieving children

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.

BOOK NOW

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