

Six-Week Support Group Program

Winter Session 2026

Starts January 26
Ends March 9
(No session February 16–
President's Day)

Mondays
5:30–7 pm

Register or learn more

Sign up or discuss whether
this is a good fit for the child
in your life.

Register for the Winter 2026 Session



gostandrew.com/kids#goodgrief
or contact kids@gostandrew.com

Get In Touch

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Good Grief

2026

Supporting kids through
loss and transition



Good *Grief* is a six-week program offered twice a year to help support kids through family loss and transition. This program provides group support for kids to explore and express feelings of grief with their peers.

Good *Grief* is offered at no cost and is open to the community.



Goals for Participants

- Encounter a supportive community where loss can be safely explored
- Realize they are not alone
- Identify feelings and recognize how they come and go with time
- Learn helpful coping strategies and how to express feelings in healthy ways
- Move toward acceptance as inner strength and resilience are uncovered

From Our Participants

"It really is hard to express how precious Good *Grief* is to us. It has helped us all individually, but also to grieve as a family together. We have a lot of tools now to talk through things and give space for our feelings, emotions and grief."
—Good *Grief* Parent

"A few of the most important things I have learned in Good *Grief* is that it is okay to feel what I feel, and how to take care of my feelings."
—7th Grade Participant



Groups ranging in levels from kindergarten to high school are guided by trained, nurturing facilitators in a safe, confidential setting through age-appropriate conversations about their loss, transition, and feelings.

A parenting grief support group is offered for those interested.

If you know a child or youth who is living with the loss of a family member due to death, substance abuse, separation or divorce, Good *Grief* can help their healing process.

Free, non-faith-based program—open to all.

