



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 2025 Session



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

St. Andrew
UNITED METHODIST CHURCH

 9203 S. University Blvd.
Highlands Ranch, CO 80126

 (303) 794-2683

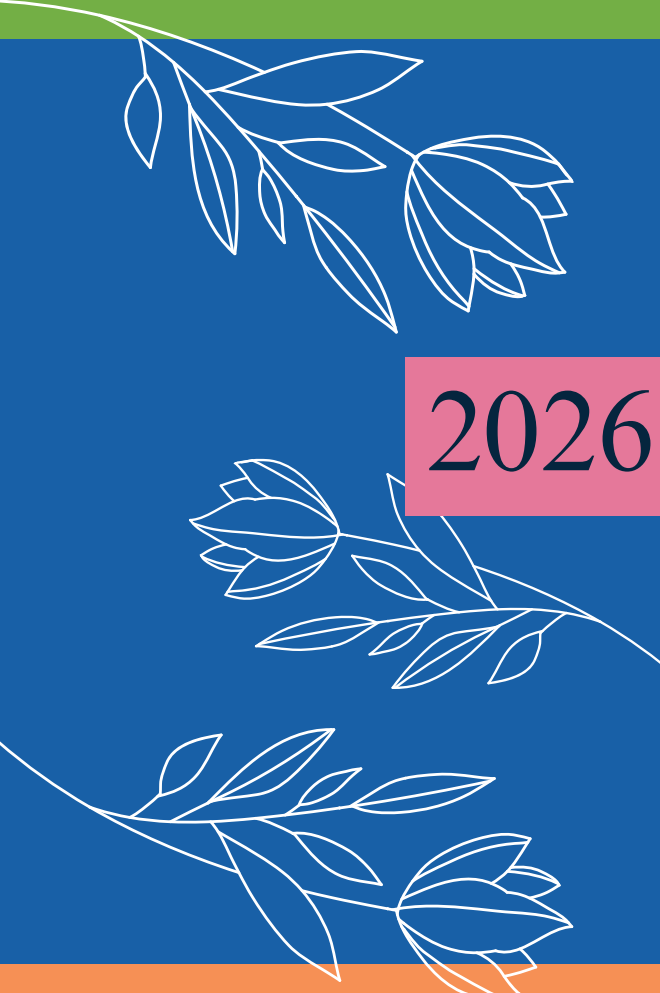
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Good Grief

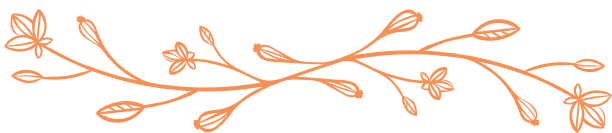


2026

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



“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.