



Bereavement Services

2023 PROGRAMS



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MINNESOTA

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2023 PROGRAM CALENDAR

Please review individual descriptions on the following pages for additional details, group/event locations and whether the programming will be virtual or held in-person. Please note: there will be no programming on Monday, Dec. 25.

JANUARY		
Monday, Jan. 9	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Jan. 12	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Common Grief Reactions and Feelings
Monday, Jan. 23	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
FEBRUARY		
Tuesday, Feb. 7	6–7:30 p.m.	Special Event: Parenting while Grieving
Tuesdays, Feb. 7–Mar. 14	Held virtually Time TBD	Living with Grief: Youth Program, Winter Session
Thursday, Feb. 9	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Coping and Self-care
Monday, Feb. 13	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Feb. 27	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
MARCH		
Tuesdays, Feb. 7–Mar. 14	Held virtually Check group info for times	Living with Grief: Youth Program, Winter Session
Thursday, Mar. 9	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Changes in Relationships
Monday, Mar. 13	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Mar. 27	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
APRIL		
Monday, April 10	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, April 13	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Things I Have Learned Through Loss
Monday, April 24	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
MAY		
Saturday, May 6	1:30–3 p.m.	Special Event: Children’s Minnesota Memorial Service
Monday, May 8	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, May 11	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Seeking Support as You Grieve
Monday, May 22	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Tuesdays, May 23–June 27	In person, 5–6:30 p.m.	Living with Grief: Youth Program, Summer Session

JUNE		
Tuesdays, May 23–June 27	In person, 5–6:30 p.m.	Living with Grief: Youth Program, Summer Session
Thursday, June 8	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Living with Hard Emotions
Monday, June 12	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, June 26	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
JULY		
Monday, July 10	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, July 13	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Self-compassion
Monday, July 24	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
AUGUST		
Thursday, Aug. 10	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Telling Your Story
Monday, Aug. 14	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Aug. 28	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
SEPTEMBER		
Monday, Sept. 11	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Sept. 14	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Secondary Losses
Thursdays, Sept. 19–Oct. 24	TBD More info to come	Living with Grief: Youth Program, Fall Session
Monday, Sept. 25	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
OCTOBER		
Tuesdays, Sept. 19–Oct. 24	TBD More info to come	Living with Grief: Youth Program, Fall Session
Monday, Oct. 9	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Oct. 12	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: What I Wish Others Knew About Grief
Monday, Oct. 23	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
NOVEMBER		
Special Event: Memory Bash in-a-Box — mailed by mid-November		
Thursday, Nov. 9	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Rituals
Monday, Nov. 13	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Monday, Nov. 27	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
DECEMBER		
Monday, Dec. 11	5–6:30 p.m.	Pregnancy and Infant Loss Support Group
Thursday, Dec. 14	6–7:30 p.m.	Living with Grief: Parent and Grandparent/Aunt/Uncle Groups TOPIC: Hope

LIVING WITH GRIEF

Parent Group



Offers grieving parents a safe space to come together and receive support

The Parent Group is held virtually on the 2nd Thursday of each month.

Throughout the grief journey many parents find value in coming together with other grieving parents who can understand and appreciate the intense grief that comes when a child dies. Each session of this program will cover a pre-selected topic, while also having time for open discussion. Parents will have the option to talk about their child and their family's story, as well as share feelings, thoughts and concerns. Parents are welcome to participate as they feel comfortable, however there is no pressure to talk — we understand the value of simply gathering together.

The *Living with Grief Parent Group* serves grieving parents/guardians who have experienced the death of a baby or child during “childhood” (ages of preterm birth to approximately age 25).

This program is **free** of charge and open to any family in the greater community — families do not have to have been cared for in the Children's Minnesota system to participate.

New participants welcomed. **Registration is required.**

Please contact Bereavement Services with questions or to register at 612-813-7216 or bereavement@childrensmn.org.

LIVING WITH GRIEF

Youth Program

A safe space for grieving children and teens to connect and receive support

The Youth Program hosts six-week group sessions three times a year.*

The death of loved one is both heartbreaking and life-changing. The *Living with Grief Youth Program* is a safe space for children and teens who are grieving the death of a loved one — a sibling, parent, grandparent, friend or any special person — to talk about their special person, and connect with others who have experienced a similar loss.

Each session focuses on a different grief topic. Children and teens will explore this topic through age-appropriate conversation, art, music, movement and creative interactions. Child life specialists and music therapists offer children and teens the opportunity to learn, explore and gain some understanding about a variety of grief topics. Grief groups can be helpful to children and teens because it helps them see that they are not alone, that there are other kids just like them who are grieving.

The program is **free of charge** and open to all grieving children and teens in the greater community. Families do not have to be cared for at Children's Minnesota to participate. Youth programming is for children and teens, kindergarten to senior year in high school.

Groups are held in three six-week sessions staggered throughout the calendar year. New participants are always welcomed, and participants may join any time within the six-week session. There are no attendance expectations or requirements.

The Winter Session will be held Tuesday evenings beginning Feb. 7. The Summer Session will be held Tuesday evenings beginning May 23. The Fall Session will be held Tuesday evenings beginning Sept. 19. See the Program Calendar for exact dates, or contact Bereavement Services.

* The Winter session will be held virtually, and the Summer session will be in-person on our St. Paul campus. Plans for the Fall session will be determined closer to the start date.



If held virtually, group will meet in staggered times:

School-age group (ages 5–12): 5–5:45 p.m.

Teen group (ages 13–18): 6–6:45 p.m.

If held in-person, groups will meet from 5–6:30 p.m. on our St. Paul campus in separate spaces.

Registration is required. Register to attend a group with Bereavement Services at bereavement@childrensmn.org or 612-813-7216.

SUPPORT FOR GRIEVING YOUNG ADULTS

For information about current local support and programming for grieving young adults, please contact *Brighter Days Family Grief Center* at carolyn@bdgc.us or 952-303-3873.

To learn more about *Brighter Days* visit brighterdaysgriefcenter.org.

Please contact Bereavement Services with questions or to register at 612-813-7216 or bereavement@childrensmn.org.

LIVING WITH GRIEF

Grandparent/Aunt/Uncle Group

Offering support for grieving grandparents and close extended family

The Grandparent/Aunt/Uncle Group is held virtually on the 2nd Thursday of each month.

The death of a child impacts an entire family. This special program is designed to recognize and support the unique grief experienced by grandparents and other close adult extended family members when a child dies.

Each session of this program will cover a pre-selected topic, while also having time for open discussion. Grandparents, aunts and uncles will have the option to share their family's story, along with feelings, thoughts and concerns. Participants will receive support for their own loss, as well as ideas of how they can be present to the grief of their family members.

The *Living with Grief Grandparent/Aunt/Uncle Group* serves grieving grandparents and close adult extended family, who have experienced the death of a grandchild or family member who died in "childhood" (preterm birth to approximately age 25).

This program is **free** of charge and open to all grandparents/adult extended family in the greater community — families do not have to have been cared for in the Children's Minnesota system to participate.

New participants welcomed. **Registration is required.**

Please contact Bereavement Services with questions or to register at
612-813-7216 or bereavement@childrensmn.org.

PREGNANCY AND INFANT LOSS SUPPORT GROUP



Co-sponsored by Allina Health and Children's Minnesota

The Pregnancy/Infant Loss Group is held on the 2nd and 4th Mondays of the month. Most sessions will be held virtually.

Grieving is painful for everyone, and the death of a baby creates a very special grief. Family and friends may be unable to give grieving parents the support they need. If your baby has died, there are people who understand these intense feelings of loss and emptiness: other parents who have lost a baby. The natural bond between bereaved parents enables them to support and encourage each other in a very unique way.

The *Pregnancy and Infant Loss Support Group* helps parents whose baby has died through ectopic pregnancy, miscarriage, stillbirth or newborn death (shortly following birth or during an NICU stay). The group is made up of parents, and is led by staff members from both Allina Health and Children's Minnesota.

This support group is not therapy, rather it is a group of parents who find comfort and courage in walking this difficult path together. Some groups are lead by a facilitator and feature specific grief topics, while others are open-ended and focus on the current needs of the participants. Every group is a safe and confidential place to share feelings and coping strategies.

The group is **free** of charge. New participants welcomed.

Registration is required.

Please contact Bereavement Services with questions or to register at
612-813-7216 or bereavement@childrensmn.org.

2023 SPECIAL EVENTS

PARENTING WHILE GRIEVING

A virtual workshop for parents/guardians who are actively parenting while also grieving the death of a special person in their life.

Date in Feb. to be determined; held virtually from 6–7:30 p.m.

During this single-evening workshop parents/guardians will:

- Explore your experience of parenting while grieving.
- Understand how grief impacts your child/adolescent/young adult.
- Support your child's/adolescent's/young adult's grief and healing.
- Develop strategies to support your own coping, self-care and well-being.

Each virtual session of the workshop will be limited to 20 families.

Registration is required. Please register by Tuesday, Jan. 31.

Please contact Bereavement Services with questions or to register at
612-813-7216 or bereavement@childrensmn.org.

CHILDREN'S MINNESOTA MEMORIAL SERVICE

An annual event for families, dedicated to honoring the lives of your beloved children.

Saturday, May 6, 1:30–3 p.m.

Silverwood Park Great Hall, St. Anthony, MN

Children's Minnesota Memorial Service is a beautiful and meaningful event where families have the opportunity to remember and honor their babies and children who have died. Parents, siblings, extended family and close friends are all welcome.

Formal invitations with registration information will be mailed in early April.



MEMORY BASH IN-A-BOX

Keeping memories alive

Care packages will be mailed by mid-November.

Join together with family and friends to lovingly remember those you miss so much. The *Memory Bash in-a-Box* activity offers you the opportunity to celebrate and honor your loved one who died with remembrance activities in the comfort of your own home.

Interested families will receive a care package filled with a variety of art projects, activities and musical interventions designed to keep the memories of your loved one alive. In addition to ideas and supplies, the package will include written instructions and links to online content.

Families do not need to have experience or ability in the area of art or music to creatively participate. The activities in the box are designed to be used in ways that suit your family best and are intended to promote healing and joy.

Projects are able to be adapted to a variety of age levels. *The Memory Bash in-a-Box* activity is available to:

- Parents/families grieving the death of a child.
- Youth grieving the death of a special person in their life.

Formal invitations with registration information will be mailed in September.



Bereavement Services

Comfort and support for grieving children and families

Please contact us with any needs at
bereavement@childrensMN.org or 612-813-7216.