

Our Services

PEER-TO-PEER GRIEF SUPPORT PROGRAMS

Fostering Supportive Peer Relationships

We offer free peer-to-peer grief programs In-House, In-School and In-Community. Our In-House peer-to-peer support groups operate for 8-week sessions in safe, comfortable, age-specific group rooms for both children and their caregivers and are led by Friends of Aine trained facilitators. Our 6-week In-School and In-Community peer-to-peer support programs help students and community participants understand and cope with grief, fostering a supportive network. These programs are co-facilitated by Friends of Aine with a trained school/community staff member. Topics include understanding grief, discussion of triggers, obstacles and milestones, identifying support systems, discussing feelings related to grief and coping strategies.



GRIEF BACKPACK INITIATIVE

Empowering Communities to Support Grieving Children

Our Grief Resources Backpack Initiative aims to equip school districts K-12 with the necessary tools and training to support grieving children and teens. The initiative includes both a comprehensive 90-minute grief training session for staff and a backpack filled with essential resources for different developmental levels (Elementary, Middle, and High School).



HELP US GRIEVE (HUG) WORKSHOPS

Interactive Sessions for Children and Teens

Our HUG Workshops are tailored to help children in grades 1 through 12 understand and cope with grief. These sessions are tailored to fit the age and developmental level of the group and customized to fit the timeframe and desired content of the organization. Through engaging activities such as ice breakers, games and hands on activities, the participants can share their stories, learn what grief is and learn some coping techniques. We offer two types of workshops: those for grieving kids and those for peers supporting their grieving friends (both workshop types can be conducted either in-center or on-location).

GRIEF EDUCATION TRAINING (GET)

Supporting Adults in Understanding and Managing Grief

Our GET programs are designed to educate adults about grief and how to support grieving children and teens. Educators, counselors, community workers, parents and caregivers will learn what grief looks like in kids, discuss grief at different developmental ages, and provide conversation starters and coping strategies among other important grief topics. We offer Group Trainings and Supporting Grief Workshops. Tailored to the needs of the group, with variable length and content focus. Fees may apply.

SCHOOL AND COMMUNITY CONSULTATIONS

Expert Guidance on Grief Support

We offer consultations to address your grief-related questions and help your organization become more grief-aware. Are you interested in training your staff or have a specific situation and don't know which option might be most suitable? Whether you need general information or specific advice, our team is here to help. Consultations can be conducted in-person, via Zoom, or by phone. Fees may apply.