



Helping
kids & teens
cope with
grief



HEALING CIRCLES



HospiceCare
OF BOULDER AND BROOMFIELD COUNTIES



“Healing with Horses is an amazing program. My daughter had trust issues after losing her dad. She loved the program and it got her to feel like there was reason to trust again. I am grateful for the program.”

— MOTHER OF HEALING WITH HORSES PARTICIPANT

“My son and I are still on our grief journey. With your help we have been able to return to our daily lives with a sense of normalcy.”

— PARENT OF HEALING CIRCLES GROUP PARTICIPANT

Healing Circles. A way to help grieving kids and teens

When a child or teen is grieving the death of someone close to them, it can be hard to know how to help. Kids and teens often show their grief differently than adults do. Some kids want to talk about it — others don't. While all children grieve in their own way, they can all benefit from support — the kind of support offered by Healing Circles.

Healing Circles is HospiceCare's program for children, teens, and families who are grieving. Through support groups, individual and family grief counseling, educational programs and more, Healing Circles helps to empower kids and families as they express their grief, learn to cope with the loss of a loved one, and move forward in their lives with meaning, connection, and hope.



Grief Support Groups for Children, Teens, and Families

Support groups at Healing Circles are offered in a relaxed, fun environment where children and teens can express their grief in ways that are natural to them. There are groups for teens and for 6-12 year-olds in both Longmont and Boulder.

Children and teens grieve as part of a family, so when parents are able to receive support for their own grief, it not only helps them, it helps their kids. That's why Healing Circles offers a group for parents and guardians that meets at the same time as the groups for children and teens. Participation in the parent group is highly recommended, but not required.

Healing with Horses

A collaboration between HospiceCare and the Medicine Horse Program, this unique equine-assisted support group brings together licensed professional therapists, specially trained volunteers, grieving kids, and horses to help group members learn they're not alone. Participants are taught strategies to express their grief, reduce stress and isolation, and connect with others who have experienced the death of a loved one. This group is open to kids and teens with any level of experience with horses.

Camp Erin

Camp Erin is our annual weekend grief camp for children and teens ages 6-17 who have experienced the death of someone close to them. It combines the fun of a traditional camp with bereavement education and emotional support to help kids cope with grief and loss. Thanks to our partnership with The Moyer Foundation and generous donations from HospiceCare's community and volunteers, Camp Erin is free to all campers.

Individual and Family Grief Counseling

- Available for families served by HospiceCare

Services for parents and other caregivers

- Phone consultations at any point in the grief process
- Resources and education about children and grief
- Referrals for additional grief support or counseling services

Services for schools, faith communities, and other organizations

- Consultation and resources about child and teen grief
- Short-term school-based grief support groups
- Educational presentations about child and teen grief

How to help

Healing Circles is a program of HospiceCare of Boulder and Broomfield Counties, a nonprofit organization. We rely on the contributions of family members and other donors to continue our mission — to provide compassionate end-of-life care, guide and comfort the grieving and educate our community. Thanks to the generous support of our community and volunteers, there is never a charge for our services. To donate, volunteer, or to learn more about Healing Circles, call 303.449.7740 or visit www.hospicecareonline.org.



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