



Henry Ford SandCastles

NAVIGATORS PROGRAM

Equipping families with the information, tools, and resources to navigate the grief journey as a family.

Henry Ford SandCastles 8-week Grief Navigators Program is for families who have experienced the death of a loved one. Join together in community with others on their grief journey to explore the rocky waters of grief and find a path towards healing. **This program will be held every Wednesday beginning April 9th through May 28th from 6:15-8:15 pm at Allen Park High School.**

Program Goals

Children/Teens (grades 1st-12th): Providing a space for grieving youth to be with peers helps normalize the grief experience. Understanding grief and building coping skills are vital components of healing. This series will provide participants with the tools necessary to manage the challenges and navigate the grief journey together today and into the future.

Adults: To fully be able to support a child in grief, we must understand what grief is and its impact on the family. What does a child's grief look like? How do we as adults support the rough emotional waters of a grieving child? What coping skills can be utilized to get through the tough times? What can we do to help? We will address these questions and more. Join together with others who understand.

Regular attendance is required as it complements the bonding of group participants, and each session builds upon the last. Enrollment closes after week 2.