

Resources for
children & families

Finding hope in grief





We believe:

Grief is natural and normal,
unique yet universal.

Children benefit from
strong community.

Children of every age
grieve, and they grieve
differently than adults.

Grief is a
lifelong process.

Hope and healing
are possible.



Services

Get help in times of grief.

Navigating life after a death can be difficult. We can help. Reach out to find out more about our free services for families:

- Peer support groups for children, teens, and their families
- Educational and supportive resources
- Referrals
- Phone consultation and support

Find your community.

Sometimes it feels like people can't understand the depth of your grief. It's not something that just ends. Yet well-intentioned outsiders may say it should. Here, you'll find peers who understand.

Children and teens join peer groups led by compassionate staff and volunteers. Through shared meals and open discussions, you'll form meaningful bonds with others who truly get it. These connections bring deep relief and a new community.

Approach

You are not alone.

When grief casts a shadow of loneliness, anger, and deep sadness, the Highmark Caring Place shines as a safe and comforting haven for grieving children, teens, and adults. Our free programs, led by expert staff and volunteers, offer peer support and a community ready to embrace you.

All are welcome, no insurance needed. Grief doesn't have to be faced alone. Talking, crying, laughing, and sharing stories together creates connection. In our supportive community, you can freely share your feelings, discover profound understanding, and rediscover hope, together, one step at a time.

" The Caring Place helped me relearn how to be myself. I felt lost and alone after my Dad passed away. They guided me back to who he raised me to be."

— Ian, 9





Invisible String Activity

Books can be a great way to learn about and express your grief. We use activities tied to books to help promote conversation. “The Invisible String” by Patrice Karst inspired us to develop an activity that reinforces connections to lost loved ones.



Scan and follow this code to hear about it from one of our facilitators.

Hands-on healing

Children and teenagers often experience and express grief differently than adults. While adults may rely on conversation, kids and teens often benefit from more hands-on and creative ways to process their feelings. At the Highmark Caring Place, we use a variety of activities such as art and play to help kids:

- Express their feelings.
- Share memories.
- Develop coping skills.
- Create connections and bonds.

Our groups are carefully designed to meet the unique needs of the children and teens in each group, ensuring a safe and supportive environment for all.

Connection

At the Caring Place, we offer a welcoming space to connect with others, share experiences, and find comfort after loss. Engage in supportive conversations and activities in a safe, relaxed setting. Together, we’ll create a space where you can share your story, honor your loved ones, and navigate grief in way that feels right for you.

“ Being at the Caring Place with the other kids, I finally felt there was someone to talk with, someone who understood how I felt. It helps, knowing I’m not the only one.”
— Caleb, 13

Helping grieving children and families heal over a lifetime

Our mission is to create a world of compassionate communities where all people can find hope and healing after the death of a loved one. We provide grief support for families and individuals of all ages through peer groups, education, and advocacy.

Where to find us

highmarkcaringplace.com

888-567-1028

contactus@highmark.com



Pittsburgh Region

620 Stanwix Street, Pittsburgh, PA 15222

Harrisburg Region

1800 Center Street, Camp Hill, PA 17011

Erie Region

510 Cranberry Street, Bldg. 2, Erie, PA 1650

Cranberry Township/Wexford Region

200 Warrendale Village Drive, Warrendale, PA 15086

**" Anything mentionable can be manageable ...
if we're surrounded by love and trust. "**

—Fred Rogers, honorary chairman

