

RESOURCES

Our library is open to the community and offers hundreds of books on grief and loss for children, teens and adults. Call us at 505-323-0478 to set up a time to visit.



For printable brochures and local and online resources, visit childrensgrief.org/services/

TRAININGS

For mental health professionals, educators, first responders, chaplains, medical staff and anyone who wants to learn more about grieving children.

- ~Bereavement Facilitation (CEU Avail.)
- ~Supporting Grieving Students (CEU Avail.)
- ~Vicarious Trauma & Self-Care: Working With a Traumatized Population
- ~What to Say, What Not to Say
- ~Anticipatory Death
- ~Notification of Death
- ~Grieving Children, Grieving Families: The 4 Tasks of Grief



To learn more about registering or requesting a training for your group, visit childrensgrief.org/training/

ONE in TEN

53,500 (10%) children in New Mexico will lose a parent or sibling by the age of 18. If you add the loss of extended relatives and friends, it is a staggering 107,000 (20%) children. To learn more about how you can volunteer to help grieving children in New Mexico, visit childrensgrief.org/volunteering/



SPONSOR A CHILD

Join a very special group of people who see the importance of keeping these vital and free, unduplicated services available to grieving families in central New Mexico. Visit our website at childrensgrief.org/donate/

Children's Grief Center of NM
3001 Trellis Dr. NE
Albuquerque, NM 87107



WHAT DO WE DO?

The Children's Grief Center (CGC) of New Mexico provides facilitated peer support groups for children, teens, young adults, and their caregivers, who are grieving the death of a loved one. An alternative to counseling, age-appropriate support groups allow children to share experiences with other kids just like them and support one another in a powerful way. Children process their grief through play and creative expressions such as art, games and other healing activities. They learn healthy coping techniques and special ways to remember their loved one. They learn that it was not their fault, that their loved one did not want to leave them, and that there is hope.

A Mother whose husband died said "The Children's Grief Center has saved our life. It has been the most healing experience for my grieving family."

WHY DO WE NEED A CGC?

Children grieve differently than adults and need a safe place to share their feelings during a time when they may feel isolated and alone. Unresolved grief can lead to lifelong struggles such as anger management, anxiety, depression, substance abuse, attachment difficulties, criminal activity, etc. Our goal is to reduce these risks and promote resiliency in children and their families.

OUR FOUR PRINCIPLES:

1. Grief is a natural reaction to the loss of a loved one for children as well as adults.
2. Within each individual is the natural capacity to heal oneself.
3. The duration and intensity of grief are unique for each individual.
4. Caring and acceptance help in the healing process.

A 13-year-old boy who came to the CGC because his dad died: "It feels like a shelter where I can express my feelings without being made fun of."

NEED SUPPORT, GUIDANCE, OR JUST HAVE QUESTIONS ABOUT GRIEF?

Call us at 505-323-0478. There is NO COST for our services, ever.

ADDITIONAL PROGRAMS & EVENTS FOR FAMILIES

Camp Corazon

Serves children in rural NM who cannot access our services in Albuquerque and Rio Rancho.



Family Workshops

Held quarterly to give families an opportunity to address grief and gain tools as a family unit.

Back to School Bootcamp

Prepares students and their caregivers for the new school year after the death of a loved one.

Grief in the Holidays

Allows families to prepare together for the upcoming holiday season by exploring ways to cope and ways to remember their loved one through creative activities.

Remembrance Ceremony

Held the Sunday before Christmas to remember and honor loved ones with other Children's Grief Center families and friends.

