

"Discussing grief and talking about our stories with a group of kids at school made me feel better."

*~Sam, age 17,
Canton High School, Canton*



"Great program...The activities encouraged students to share their grief experiences and develop new tools for coping with the death of someone they loved."

*~ Sherry Lewton, Social Worker,
Thomaston Center School*

History of The Cove

The Cove was founded in 1995 through the efforts of one family's personal struggle due to the sudden loss of a mother and wife. The first family Cove site opened in Guilford, CT, and from its simple, yet powerful beginnings, The Cove has developed into the largest children's multi-site grief program in the Northeast.

Dedicated to the mission of providing hope and healing for grieving children and their families, The Cove offers family programs, programs at school and urban/community settings, and comprehensive professional development and training throughout Connecticut.

It also serves as a statewide collaborative and clearinghouse for children's grief agencies and professional resources.

"The most helpful part of being in the group was knowing that there are other students in the school with my problem."

*~Nicole, age 10,
Wolcott Elementary School,
West Hartford*



The Cove "Good Grief" School Program



**The Cove Center
For Grieving Children
Coordinating Office**

250 Pomeroy Avenue, Suite 107
Meriden, CT 06450
www.covect.org

(800)750-COVE ♦ info@covect.org



The Cove "Good Grief" School Program

Current research indicates that at any given time in Connecticut there are approximately 38,000 grieving school aged children experiencing the loss of a significant person in their lives through death. With little knowledge or experience about grief and loss related to death, students often become fearful, confused, anxious or depressed and experience a range of difficulties including inability to concentrate, inappropriate behavior, social isolation/withdrawal, absenteeism, substance abuse, and violence against self or others.

The Cove "Good Grief" School Program provides students with a supportive peer group in a familiar school setting to explore and express their thoughts and emotions and to be validated by others who have experienced a similar loss. Cove facilitators work with school counselors and social workers to model this successfully proven, eight week curriculum using expressive arts and activities especially designed to help students work through their grief. Once school professionals have participated in delivering **The Cove "Good Grief" School Program**, they are equipped to facilitate the program in their schools in the future. Students are empowered as they move through the healing process and find strength in sharing and learning from others, as well as comfort in knowing they are not alone.

The objectives of the program are to:

- Provide accurate information about grief and loss
- Understand loss; help adjust to change
- Offer tools and strategies for coping
- Develop support networks
- Help manage holidays and special occasions
- Cultivate memories and connections
- Create feelings of hope
- Establish a sense of mastery and control

"If there is a need, I would offer another Good Grief group for my students because the experience was wonderful."

*~Karen Coughlin,
School Psychologist,
McGee Middle School, Berlin*



"The best part of the group was having people that experienced the same losses. The fact that people could talk to me and I could do the same was great."

*~ Harrison, age 13,
Amistad Academy, New Haven*

To receive more detailed information regarding **The Cove "Good Grief" School Program**, please complete this request form and return to:

THE Cove Coordinating Office
250 Pomeroy Avenue, Suite 107
Meriden, CT 06450

Name

School / Organization

Address

City, State, ZIP

Phone

Email

Please check below if you are also interested in our other Cove-sponsored programs:

- Family Program
- Professional Development Series

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