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# Healing Hearts 815

## Youth Grief Support Group

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At Healing Hearts, we understand that it can be helpful to talk about the loss of a loved one and the adjustments that follow after your loss. While there are no simple answers, we hope to give young people permission to grieve and a place to share their journey with others experiencing similar loss.



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1 in 5 children will experience the death of someone close to them by the age of 18.

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**78%**

of 11-16 year-olds have lost at least one of their friends.

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**8 Million**

people suffered through the death of someone in their immediate family last year.



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Healing Hearts is led by Elizabeth Hand, a local educator who experienced the loss of her sister at age 15. She knows first hand the importance of a support group for young people to process their grief.

Healing Hearts is a non-denominational group that will meet from 4-5 p.m. on the first Sunday of the month at Holy Family Catholic Church 4401 Highcrest Road, Rockford. The group will begin on May 2, 2021. We welcome young people Grades 6 and up. For more information or to register, email [healinghearts815@gmail.com](mailto:healinghearts815@gmail.com).

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