

## What Participants Are Saying

"I know I'm not alone anymore."

"I came here because I didn't have to explain what death is...I can pick up from where I am and talk about it."

"With the group I learned how to trust and talk again even about my feelings."

"I'm not as sad as I used to be. It's fun and it helps me to take care of myself. I'm not having bad dreams about my uncle anymore."



"They let you talk however deep you want and you can just let everything out. I think that by doing that, it's helped me to find me; the real me. The me that I thought I had lost the very moment my mother died."

"I feel so much better now; even people at school notice."

"I'm more comfortable talking about my dad."



Our Mission:

To provide grief support for children, teens and families who have experienced the death of someone important in their lives

Gerard's House  
3204 C Mercantile Ct.  
Santa Fe, NM 87505  
Phone: 505-424-1800  
www.gerardshouse.org  
Fax: 505-424-7547

Gerard's House is a nonprofit 501 (c) (3)

# What is Gerard's House?



## Hope, Help and Healing

Gerard's House is a safe, caring place for grieving children and teens ages 3-20 to meet in weekly peer support groups. The death of a family member or friend can be a time of crisis for children, teens and families. If the child's loss is supported in a safe and caring environment, however, the experience can be a healthy process of growth. Gerard's



House uses a peer-support model that has proven successful in helping grieving children and teens. In this model, we believe:

- Grief is a natural reaction to loss.
- Within each individual is the natural capacity to heal.
- The duration and intensity of grief are unique for each individual.
- Caring and acceptance support the healing process.

Gerard's House is mainly volunteer-based. Our volunteers are specially trained in our grief support model. They assist the staff in facilitating groups.

Unresolved grief can result in low self-esteem, depression, isolation, angry and violent behavior, poor school performance, alcoholism, drug abuse and even suicide.

*The juvenile justice system tells us the majority of incarcerated youth have experienced the loss of a family member at an early age.*

It is important that children, teens and their families learn to process their grief in healthy ways.

Support Group Activities Include:

- Group Support
- Individual Support
- Supervised Play and Art
- Story Telling and Drama



## Schedule of Groups

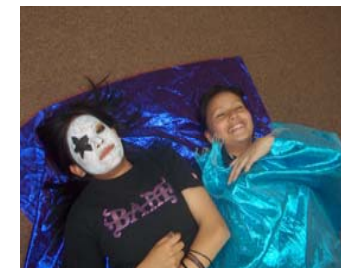
| DAY        | AGES  | TIMES             |
|------------|-------|-------------------|
| Monday     | 3-6   | 4:30 PM—5:30 PM   |
| Tuesdays   | 7-10  | 4:30 PM—5:30 PM   |
| Wednesdays | 11-14 | 6:30 PM – 7:30 PM |
| Thursdays  | 15-20 | 6:30 PM – 7:30 PM |

Our programs are offered **free of charge**.

All contributions are welcomed and appreciated!

Separate groups for parents and caregivers are available during the children's groups. As they support and empower each other, families can regain hope after a loved one has died.

We also offer individual and group support for children, teens and families who are dealing with the life threatening illness of a loved one.



*Please call if you would like information about our services:*

**424-1800**