



# Grief Resources - Youth Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

*Many organizations that provide grief support in the community also offer individual grief counseling and family support.*

## **Jefferson Center**

303-425-0300

Multiple locations

[www.jcmh.org](http://www.jcmh.org)

- Outpatient groups – offers a wide range of support groups for clients of Jefferson Center.
- Please contact Navigation at 303-432-5130 to learn more about Jefferson Center's current offerings.

## **Community Support**

### **Judi's House**

720-941-0331

10125 E 25<sup>th</sup> Ave. Aurora, CO 80010

[www.judishouse.org](http://www.judishouse.org)

- Provides support groups, grief education groups, individual and family counseling, and activities for grieving youth. Also provides support and education for caregivers of grieving children and youth.
- Services are available in Spanish.
- Services are provided free of charge to children and families grieving a death loss of any kind.

### **Resilient Minds Counseling**

303-578-9312

12213 Pecos St. Suite 200, Westminster, CO 80234

<http://resilientmindscounseling.com/>

- Specializes in grief counseling for children, youth, and adults.
- Offers EMDR, Play therapy and individual/family therapy
- Private pay

### **Children's Hospital – The Colors of Healing Bereavement Program**

720-777-6978

<https://www.childrenscolorado.org/doctors-and-departments/departments/grief-and-loss/#:~:text=720%2D777%2D6978,of%20gatherings%20and%20resource%20information.>

- Family centered bereavement services that support your grieving family through a variety of gatherings and resource information.
- Services offered include resources and referrals, a variety of support groups, a fall grief conference, a sibling day camp for bereaved children, and more.

## **Contents:**

Our resources are grouped into the following categories:

[Support at Jefferson Center](#) – p. 1

[Support in the Community](#) – p. 2

[Support for Loss of a Pet](#) – p. 2-3

[Other Resources and Support](#) – p. 3

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## **Camp Comfort – Mt Evans Home Health Care and Hospice**

303-674-6400

<http://www.mtevans.org/camp-comfort/>

- Offers a weekend camp twice each summer for grieving children ages 6-12 years of age.
- Camp is held in Georgetown and is free for children. A \$25 deposit is required to secure a child's spot.
- A three day long day camp is now offered as well.

## **The Denver Hospice – Footprints Children's Grief Center**

303-321-2828

8299 E Lowry Blvd. Denver, CO 80230

<https://thedenverhospice.org/grief-support/>

- Provides specialized support to children and teens (ages 3 – 17) with anticipatory grief while a loved one is ill. Also provides individual counseling to grieving children following a death loss.
- Counseling held in-person or virtually. Sessions are free of charge to our family members/caregivers and offered to grieving individuals of our community on a fee-per-session basis.

## **Outward Bound – Grieving Teens Expeditions**

866-467-7651

<https://www.outwardbound.org/expeditions/grieving-teens/>

- Intended to provide respectful healing experiences in a wilderness environment, these courses implement personal growth methodologies and a simple support model that honors the griever.
- Reduced tuition provided for all program participants.

## **Richard Lambert Foundation**

720-408-8417

457 S 4<sup>th</sup> Ave, Brighton, CO 80601

<http://www.richardlambertfoundation.org>

- Provides a variety of services for grief for adults and youth, including events, counseling, and support groups. Counseling available for clients 5 and up.
- Support services are free of charge and counseling services are offered on a sliding scale. The counseling program serves the uninsured, low-income families, families facing financial difficulties and the inability to afford copays and deductibles, and any individual regardless of income.

## **Resilience1220**

720-282-1164

32003 Ellingwood Trail, Evergreen, CO 80439

<https://www.resilience1220.org/>

- Resilience1220 provides services in the form of FREE counseling sessions and support groups for young people ages 12 - 20.
- Provides individual counseling with a focus on grief, as well as events and groups

## **Support for Loss of a Pet**

### **Denver Pet Loss Support Group**

303-539-7646

<http://www.humananimalbondtrust.org/>

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- The Pet Loss Support Group is a safe and supportive environment where individuals can come to process the grief occurring from the loss of a beloved animal companion. This weekly group is facilitated by licensed therapists and is free of charge.
- Meetings currently held via Zoom, see website for more details.

**Pet loss support hotline numbers and National Support Groups**

<p>Anti-Cruelty Society Pet Loss Support Group:  <a href="https://anticruelty.org/pet-loss-support">https://anticruelty.org/pet-loss-support</a></p>	<p>CSU Veterinary Teaching Hospital                  Call-in Pet Loss Group                  1-(425)-436-6350                  Enter access code 880072                  First Thursday of the month, 6:30-8 p.m.</p>	<p>Cornell University veterinary students                  Pet Loss Support Line                  607-218-7457</p>
<p>Chicago Veterinary Medical Association Pet Loss Support Hotline:                  630-325-1600</p>	<p>Pet Loss Support Hotline                  Staffed by Tufts University veterinary students                  508-839-7966</p>	

**Other Resources and Supports**

**National Alliance for Children’s Grief**

866-432-1542

<https://nacg.org/>

- Online resources and supports as well as information on local resources.

**The Dougy Center – The National Center for Grieving Children and Families**

503-775-5683

<https://www.dougy.org/>

- Providing grief resources and tool kits for kids, teens, parents, and young adults
- Resources also available in Spanish