



# Growing Through Grief

Supported entirely by philanthropy thanks to our generous donors, the Growing Through Grief program provides no-fee, school-based grief support and education to elementary, middle, and high school students who have experienced the death of a family member or friend.



This unique program is available across 16 partnering school districts in 124 school locations, providing crucial counseling and education to children, families, and school communities. Counseling is provided weekly through group and one-to-one sessions during the school year. Students are provided support at key developmental waypoints in their lives.

Collaborative death-related crisis support is also provided to our 16 partnering school district leaders. This includes education and counseling support to school staff, teachers, and impacted groups.



## Supporting positive student outcomes

Thanks to the generosity of our donors, Growing Through Grief gave vital support services to children and youth, bringing them a significant dose of hope and joy through specialized counseling services.

Growing Through Grief builds resiliency in kids, gives them coping skills for life, strengthens their relationships, and helps create community. It reduces isolation and ultimately allows each student to be able to engage in school to the best of their ability.

**94%**

feel better about supporting others who experience the death of a loved one

**86%**

improved ability to recognize and name feelings such as sadness and joy

**92%**

understand how grief can impact them emotionally and physically

**95%**

feel able to shape and influence their future selves

**1 in 15**

children in Minnesota will experience the death of a parent or sibling by age 18

**12,303**

hours of education and counseling supported students and parents

**13,144**

students, family members, and school staff were supported through **19** death-related crises

**928**

students participated in weekly support programming

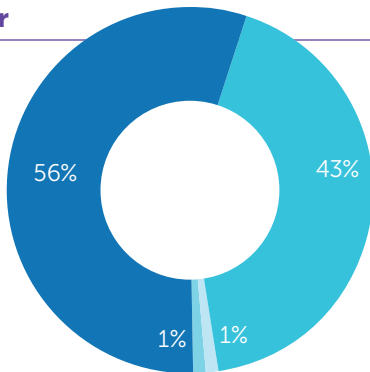


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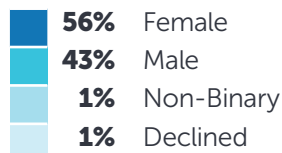


## Participants 928 weekly participants: CARES and traditional model

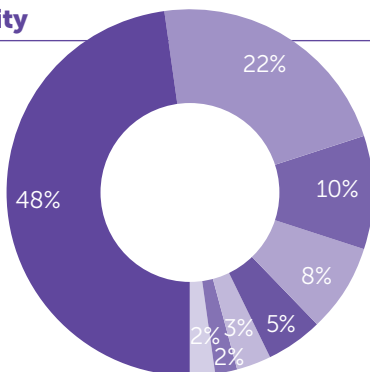
### Gender



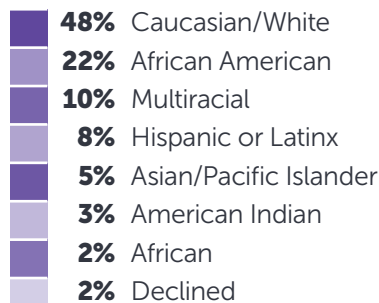
### Gender



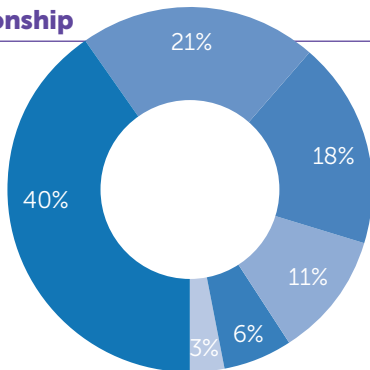
### Ethnicity



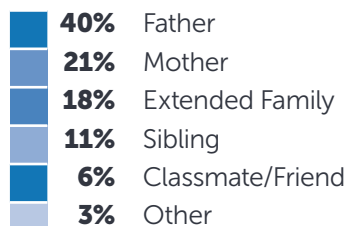
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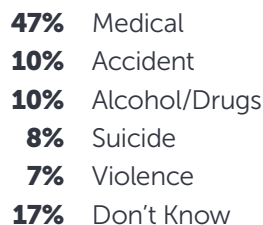
### Relationship



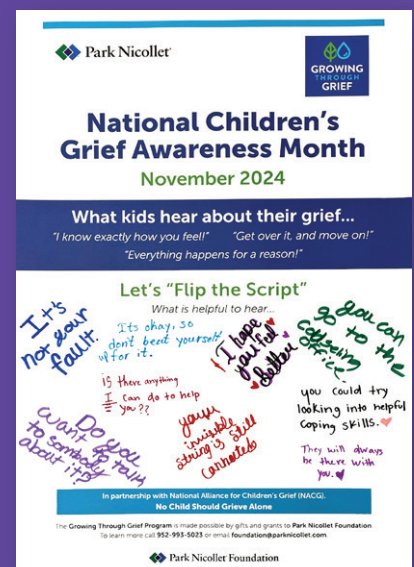
### Relationship



### Cause of Death



**Flip the Script** poster activity with kids to help them share helpful grief words within their school communities.



### Let's "Flip the Script"

What is helpful to hear?

*"I'm here for you."*

*"You're not alone, even though grief feels lonely."*

*"Do you want to talk about it or tell me about them?"*

*"Take all the time you need for this grief."*

To learn more about the impact of your support, visit: [parknicollet.com/impact](https://parknicollet.com/impact)