



Companions on a Journey
GRIEF SUPPORT

CHILDREN / TEEN SERVICES

Mending Hearts for Grieving Children, Teens and Families Ongoing School Grief Support Programs

Mending Hearts Children's Program

- Offers a safe, nurturing environment for children (4 to 18 years old) and their families
- Peer support groups are age appropriate
- Family Sessions/ Parent(s) /Caregiver support groups are offered at the same time
 - Evening sessions are held at St. Maximilian Kolbe Parish twice per month.
 - Our sessions help families to create a new family balance, some of our session are for families to work together and other sessions we break into age appropriate groups; lastly, everyone comes back together as a family to discuss the evening's theme.

Ongoing School Support Programs

- Children and Teens in Grief - Open grief group designed to create a safe environment for children and teens who have suffered the death of a loved one
 - Monthly ongoing support for students meeting at their school
 - Ongoing support program meets the needs of bereaved students from the beginning of their grief through their graduation
 - Validates the student's feelings and emotions; COJ invests in their lives
 - Creates camaraderie among the students
 - Working in a safe environment
 - Consistent time
 - Consistent place
 - Consistent facilitator (2 volunteers) and school staff present at meetings
 - Parents are asked to attend Understanding Your Child's Grief orientation
- **Survivors of Suicide (SOS)**
 - Ongoing Post-vention of Suicide support and groups
 - Question, Persuade, Refer (QPR) Gate Keeper training for prevention of suicide
 - Designed for children, teens, family and staff who have had a loved one or friend die by suicide
 - Parents are asked to attend Understanding Your Child's Grief orientation to support their children and teens following a suicide

- **Crisis Response Team**

- Consists of a specialized team that goes into schools to assist school personnel, students, and families following the death of a student or teacher
- Validates the student's, faculty's, and parents' feelings; COJ invests in their lives
- Offers support during the school day, visitation, and the funeral
- Creates and provides an ongoing grief support program working with students, as long as needed

Family Workshops and Activities

- Family Topic Workshops are designed to promote communication and grief understanding within the family
- Remembrance services:
 - Candle lighting - taking time to remember our loved ones
 - Create a special ornament
- Family events: picnics, miniature golf, bowling, and various social activities

Requirements for Children and Teens:

A parent or guardian must initiate contact with us to set up an intake session so appropriate paperwork can be signed.

If a child is going to attend our ongoing support group programs within the schools, parents are encouraged to attend Understanding Your Child's Grief orientation session. It is the child's responsibility to complete any school work missed while attending group sessions.

If you are interested in signing up your child or teen up for any services or have questions, please contact our Bereavement Specialists:

- Sheila Munafo-Kanoza: (513) 870-9108, Cell: (513) 382-5085
- Ann Marie T. Kahwaty-Bogan, LISW, ACSW: (513) 382-4587
- John Dorger, M. Ed., Retired School Psychologist: (513) 489-0457

Companions on a Journey Grief Support
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COJ is a faith-based, social service organization which provides bereavement support and educational services for children, teens and adults. COJ does not provide any counseling or related services which require a license under Chapter 4757 of the Ohio Revised Code. COJ is a section 501(c)(3) organization.