

AT GERARD'S HOUSE WE BELIEVE:

- **Grief is the natural response for children and adults to the death of - or separation from - a loved one.**
- **Within each individual is the capacity to heal.**
- **The duration and intensity of grief are unique for every individual.**
- **Caring and acceptance assist in the healing process.**



WHAT OUR FAMILIES ARE SAYING:

"I didn't realize that grief was all these things. Some days I just feel really bad, or all of a sudden I feel bad or lash out and I don't know why.....but that's grief."

"Gerard's House gave my grandchildren life again. My grandson is now drawing rainbows and no longer draws coffins."

"Sometimes people ask me about my loss and I don't want to tell them or talk about it. Other times I have to put on a fake smile and pretend like nothing is wrong."

"Gerard's House has helped with making my son realize he isn't alone in feeling his loss. He is more willing to talk about the death and his feelings. He feels like his emotions are normal and OK to talk about. It has been hard since the death but Gerard's House has been so helpful in keeping his mind healthy."

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AT GERARD'S HOUSE WE OFFER PEER-BASED GRIEF SUPPORT FOR CHILDREN, TEENS, FAMILIES, AND ADULTS WHO HAVE SUFFERED THE DEATH OF - OR SEPARATION FROM - SOMEONE SIGNIFICANT IN THEIR LIVES.

GERARD'S HOUSE IS A SAFE AND NURTURING ENVIRONMENT WHERE PARTICIPANTS CAN LEARN ABOUT GRIEF, TALK ABOUT THEIR LOSSES, AND SPEND TIME WITH OTHERS WHO ARE GOING THROUGH SIMILAR EXPERIENCES.

ALL SERVICES ARE FREE OF CHARGE



WHAT IT IS:

A chance for children and teens of similar ages who have experienced the loss of a parent, sibling, or caregiver to be together. When we are grieving, being around people who have gone through similar experiences can help ease feelings of isolation and loneliness. At Gerard's House, we accept and welcome everyone regardless of where they are in their grief journey.

WHAT IT'S NOT:

Our support groups are a chance for grieving kids to be who they are. This isn't therapy, so there's no "fixing" or pressure to open up. We know that there is nothing wrong with grieving the loss of someone important.

HOW WE WORK:

Our support groups are led by skilled and experienced facilitators. In our groups kids talk and learn about grief, share about their losses, make art and play games. Everyone has a chance to speak, but participation is child-led, and no one has to talk if they don't want to.

IF YOU, YOUR CHILD, OR SOMEONE YOU KNOW IS GRIEVING A LOSS, GERARD'S HOUSE OFFERS A RANGE OF SERVICES TO HELP:

YOUTH SUPPORT GROUPS:

- **Grief Connections:** For children and youth ages 3 -21 who have experienced the death of a parent, sibling or other important person.
- **Nuestra Jornada:** For Latino immigrant students, K-12, who are grieving the death of – or separation from – a parent or other loved one.

ADULT SUPPORT GROUPS:

- For adults grieving the death of a loved one who are seeking support groups in English or Spanish.
- For Latino immigrant adults grieving the separation from loved ones because of deportation, incarceration, detention, kidnapping or separation by borders.
- For young Latino immigrant parents who would like to connect with other caregivers and are grieving the separation from loved ones because of immigration-related losses.

FAMILY SUPPORT SERVICES:

- **Stepping Stones:** In-home visits for those who are coping with a family member's life-threatening illness.

COMMUNITY SUPPORT SERVICES:

- For local businesses and community groups who experience a sudden death, we provide a "Circle of Support" which is a one-time facilitated grief support session.
- For community partners interested in trainings and presentations about our services.

FOR MORE INFORMATION AND ENROLLMENT, PLEASE CONTACT US:
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