



Are You A Teen or Do You Know a Friend Who Has Lost Someone to Suicide?

You Don't Have to Go Through it Alone.



Join our 8-week grief support group for teens, age 14 - 17. In small groups, you'll meet once a week for a 90-minute session in a supportive environment.

WHAT YOU'LL GET FROM THE GROUP:



A safe space to talk openly and make sense of your loss.



Emotional and therapeutic support from experienced clinicians.



Tools to help you cope with your loss in a healthy way.



Connection with other teens who understand what you're going through.



To join the group or for more information, contact us at:

(424) 362-2911

spccounseling@didihirsch.org



For teens seeking peer support, they can call Teen Line at **(800) 852-8336** (6–10 p.m. PST) or text **TEEN** to **839863** (6–9 p.m. PST).

If your teen or a peer they know is in a mental health or suicidal crisis outside of Teen Line hours, call or text **988** (24/7, free & confidential).

DidiHirsch.org

