

Griefbusters

a resource for young people who have lost someone

Understanding and dealing with the loss of someone close is very difficult for anyone, including children. Research shows it takes just one caring adult to make a difference in a child's coping experience, and that's where Griefbusters can help.

Griefbusters is program that gently guides young people and their families through the grieving process. Created by Community Hospital's Hospice of the Central Coast, Griefbusters' provides support to children and teens ages 4–18 who have lost someone or are dealing with anticipatory grief for someone with a serious illness.

Specially trained volunteers work one-to-one or in groups with young people experiencing:

- Death of a family member
- Death of a classmate or friend
- Terminal illness of a family member or friend
- National or community tragedies such shootings, natural disaster, or war

If the child needs professional counseling, referrals are available.



Learn more by calling (831) 649-7758



Hospice
of the Central Coast
Montage Health