

Our Mission

To provide a caring and accepting atmosphere where young people will learn that their feelings of grief are normal and that expressing those feelings helps to relieve the pain of loss.

To provide activities appropriate to each child's developmental stage.

To provide a place where grieving children and teens can give and receive support from each other.

Courageous Kids Believes

Grief is a normal response to the death of a loved one.

Youth grieve as intensely as adults but in different ways.

It is essential for the healthy development of children and teens to grieve a significant loss.

Healing from a painful loss is possible with support and acceptance.

Young people need support that is appropriate to their developmental stage.



Courageous Kids

677 East 12th Ave
Suite N 180
Eugene, OR 97401
(541) 242-8693 or (541) 461-7577

www.courageouskidsoregon.org
Look for us on facebook!



A Grief Support Program for Youth





Why young people need help with bereavement

Adults may sometimes try to protect children from the facts of death, feeling that they are too young to understand or will become too upset. And kids often want to protect other grieving family members from their own distressing thoughts and feelings. A neutral and supportive setting allows kids to speak freely, to experience that there are other youth with similar situations, AND it enhances communication between family members at home. We also know that children and teens who don't grieve the death of someone significant in their lives can develop physical and emotional problems throughout their lives.

"I like how you are never pressured to say anything and I like how I don't feel so alone." (teen)

"I felt like I could be myself. Normally I don't talk about my loss, but in this group I did and it helped." (teen)

How Courageous Kids Works

Courageous Kids accepts referrals from parents or guardians. Concerned family members, teachers, school counselors, ministers, health care providers or other agencies can encourage parents to contact the Courageous Kids program. Following a referral, the children and/or teens and their parent or guardian meet with a Courageous Kids staff member to discuss the program and each young person's needs.



Programs We Offer

Courageous Kids provides a safe, confidential environment designed to normalize and validate feelings and thoughts. We help children and teens express and process their grief.

Courageous Kids Camp is a four-day annual event that takes place each summer. Camp activities include art, drama, music, storytelling, challenge activities, swimming, play activities and campfire. Teens get to spend a day at the Eugene Ropes Course.

Courageous Kids offers weekly **grief support meetings** for children and teens age 6-18. Age-appropriate activities include art, drama, discussion, writing and commemorative activities. Participants are welcome to attend support groups as long as it continues to be helpful for them. Support groups are also available for parents and guardians.

Courageous Kids also co-facilitates **support groups in area schools**. (Please feel free to contact your child or teen's school counselor.)

"...the discussions and activities were applicable, non-intimidating, thought-provoking, sensitive, and healing...the group experience is powerful and compassionate. It is a blessing to the students themselves, the group members, and the school community as a whole..."
(Jolene Hill, Teacher & Counseling Support at Pleasant Hill High School)

The Courageous Kids **Teen Theater Troupe** performs at local schools and for community groups. Their powerful personal experiences form the backdrop to this deeply moving and educational show.



Who is Eligible

Children and teens age 6-18 and their families for whom a loved one has died.

To Learn More About Courageous Kids

If you would like more information, or are interested in making a financial contribution, please contact:

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There is no charge for any of our programs. Donations of any size are encouraged.

"The kids were hesitant at first, but they really loved it. Now they are begging to go back!"
(Parent of elementary age boys)

