To find a safe journey through grief does not mean one should forget the past. It means that on the journey we need safe pathways so that remembrance, which may be painful, is possible.

— Donna O’Toole, MA Author & Bereavement Counselor
The CompanionShip is a grief-support group for children, teens and families who are mourning the death of a loved one. Groups are offered monthly and as 8 week sessions, meeting once a week in the evening. Sessions are scheduled throughout the year. Children will participate in groups with others of a similar age.

Specially educated and trained professionals and facilitators lead each group and “companion” children and teens on their journey through grief. The curriculum uses creative activities that encourage self-expression and address each participant’s need to embrace the memory of his or her loved one.

While children and teens are in their groups, caregivers participate in a separate group that focuses on how to support their children in the grieving process. Caregivers also learn skills that help them with their own healing.

Our mission
To help children and their families by:

- “Companionship” them on their journey through grief.
- Providing a safe, nurturing place to mourn, share their stories and express their feelings.
- Bringing together those who share a similar experience.
- Enabling them to develop positive ways to cope with their significant loss.

As bereaved children give and receive help, they feel less helpless and are able to discover continued meaning in life. Support groups foster the experience of trusting and being trusted and have the potential of doing wonders in meeting the needs of bereaved children.

— Alan Wolfelt, Ph.D.
Educator & Grief Counselor

The CompanionShip meets in the neighborhood near the University of Chicago Hospitals. If your child and family or someone you know can benefit from CompanionShip services or would like more information, please contact us.

We are also a great resource for information about other support programs, summer camps, and referrals for individual support.

There is no charge for this program. However, space is limited.