A Caring Place

A Caring Place is offered to children and teens who have faced the loss of a significant person in their lives, be it a family member or close friend or peer. It was created to provide families a safe place to come together and receive support and comfort in their grief and to learn effective ways of coping with their feelings and experiences.

“No-one else ‘gets it’ like my friends at A Caring Place.”

Grief can be a lonely experience for children and teens. They may be reluctant to share their feelings with friends; they may not express their thoughts and feelings to parents or other family members in an effort to protect them from their own sadness. Bereavement groups provide a safe and caring environment for children and teens to address their grief with peers and other adults, thereby diminishing their sense of isolation and anxiety.

Contact Us...

To learn more about A Caring Place or to register for one of our upcoming groups or special events, please contact us at: (585) 475-8800.

There is no fee for A Caring Place. Donations are appreciated.

Lifetime Care
Center for Compassion and Healing
3111 Winton Road South
Rochester, New York 14623

(585) 475-8800

We believe that no one should have to grieve alone - especially our children!
When children and teens are grieving, they need:

- Care and support in navigating the journey of grief and healing.
- Guidance in coming to terms with the reality of their loss.
- Permission to express the emotional, physical and spiritual pain of grief.
- Opportunities to remember the person who has died.
- Encouragement to address the “whys” of life and to search for meaning in light of their loss.
- Strategies for coping with the changes brought about by loss and for creating a new sense of self given those changes.

A Caring Place addresses these needs through the expertise of trained professionals and the understanding of peers who share similar journeys. This supportive environment helps children and teens feel validated, reassured and less isolated as they adjust to their experiences of loss and change.

“I know how other people feel and I’m not alone.”

Eight Week Bereavement Support Group

Professionally facilitated age-specific peer groups offer programming and structured activities to foster understanding and healing, build communication skills, and encourage the expression of challenging feelings in a safe and caring environment.

While children and teens are with their peer groups, parents and guardians attend a separately facilitated group which provides support, resources and tools to help their family navigate the journey of bereavement. This group addresses many challenges, including caring for a family system when parents and guardians are carrying their own burden of grief.

Special Events

Additional programs are scheduled throughout the year to offer ongoing support or address specific challenges.

Remembrance Gatherings
Provide families the opportunity to participate in meaningful activities that offer support, bring comfort and honor the person they have lost.

Annual Events:
- Grief Gardening
- Balloon Release
- Memorial Boat Launch
- Holiday Remembrance
- Winter Comfort Gathering

School Issues Session
Offers guidance in addressing the impact of grief on a child or teen’s school experience and strategies for seeking support from school professionals.

“You have helped us grow and prepare for ‘new beginnings.’”

“The tools you provided helped us communicate with the teachers and school counselor and develop a plan for the kids in school.”