



UPLIFT Manual for Caregivers

WELCOME!

Welcome to Uplift's grief support groups. Uplift offers groups in a virtual space, using Zoom in the evenings. We will also offer an in-person group at select times for families.

This manual provides guidelines on what you can expect in the group spaces. We invite you to work with us to get the most out of the grief support groups and receive support in your grief journey.

You are invited to join us for the New Families Orientation in September and February. We hope you will join us on Friday, November 6th, at The Discovery Center in Fairmount Park for the art show – Uplifting Voices: Art That Speaks.

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Associate Director of Family Services
& Innovative Practices

ABOUT UPLIFT

Uplift is a nonprofit organization that offers free, therapeutic grief support groups to children, teens, and their caregivers. We use either a family model or a peer-support model for groups so that support comes from each other because we believe in each person's ability to grow.

Grief Support Groups are facilitated by an Uplift Master's level clinician, a trained volunteer, and/or a clinical intern supervised by an Uplift clinician. We work as part of a team. This means that you may not see us in group; however, your assigned Family Services Clinician can support you outside of the group space. See below for contact information.



Grief Support Groups

Children and teens are grouped based on developmental levels. We use school grades to determine this. Each person is placed in a group with their peers; however, there may be situations in which a youth may be in a different group than what is listed below.

Come Together!:	K to 3rd grades with Caregivers
Older Children:	4th to 7th grades
Teens:	8th to 12th grades
Caregivers:	Adults supporting grieving children

We also offer:

- **Español Family Grief Group** for Spanish-speaking children with their caregivers
- **LGBTQIA+ Grief Group** for Teens ages 14-18 years old

Each group has a clinician, trained volunteer and/or intern to guide the activities and discussions. We meet for up to 5-6 times to define what grief is, talk about the feelings that happen with grief, identify safe coping skills, find ways to remember the person(s) who died, and build on our healing journey. Each session builds on the previous session, so attendance at each session is important to the healing process.

Virtual Groups

Uplift will continue to offer groups online and an in-person group. Families will be able to participate with a phone (cell or landline), a smartphone, or other electronic device with internet connection. Please note, because we work as a team at Uplift, clinicians share information and responsibilities, as needed. In the event your Group Clinician is unable to facilitate a group, every effort will be made to bring in another Uplift Clinician to support your group at its regularly scheduled time. In some cases, there may need to be an adjustment with your group time, so that we can provide appropriate coverage. We will make every effort to inform you about any potential changes in advance. We appreciate your flexibility and understanding should this situation arise.

Caregivers Groups

Caregivers learn how to support a grieving child or teen in this group. Caregivers – parents, stepparents, grandparents, foster parents, aunts, uncles, etc. – gather at a different time/space to learn from each other what is typical behavior, what might be related to grief, or a combination. Caregivers may find support in raising grieving children. Some caregivers are also grieving, and this group serves as a space to have adult conversations. As with grief support groups with children and teens, it is vital to have consistent participation and attendance so that we build a community of adults who understand, support, and trust each other with our unique healing stories.

Agreements for Caregivers

1. **We** are here to receive and give support respectfully to each other and our children.
2. **We** acknowledge that we all have lived experiences that shape us.
3. **We** will remember that we are more than what has happened to us.
4. **We** will greet each other with an open mind and open heart.

*Uplift offers **Resilient Parenting for Bereaved Families**, a skill-building class for adults raising grieving children in their household to practice parenting tools. (10 weeks for 1.5 hours per week, plus home practice of tools after each class)*

Tips for Virtual Groups

- ☒ Create a Private Space:
 - As quiet as possible and with few distractions from pets, electronic devices, other people
 - Protect the identity and speech of group participants
 - Allow freedom of speech (no one judging or restricting what others say)
 - If possible, avoid having things in the background that are very private and personal
- ☒ Dress for Success:
 - Dress comfortably and appropriately – as if you were coming to in-person group
 - Allow for movement – jumping, sitting, twirling, dancing
- ☒ Take Care of Business:
 - Remind children to use the bathroom before group starts
 - Eat a snack before group and have some water for sips
 - Gather supplies ahead of start time so we can do the activities without delays



Key Dates for 2026-2027 Program Year

You're Invited!

New Family Orientation, via Zoom

Learn what groups are like...

Tuesday, September 15th, 6:00-7:00 p.m.

Tuesday, February 23rd, 6:00-7:00 p.m.

Uplifting Voices: Art That Speaks, Free, in-person

Art created by families will be showcased. Light dinner served.

Friday, November 6th, 5:00-7:30 p.m.

The Discovery Center, Fairmount Park

September:

Tuesday, 9/15, 6:00-7:00 p.m.
New Families Orientation (Zoom)

Week of 9/21 – Groups begin for Cycle 1

November:

Week of 11/2 – Groups begin for Cycle 2

Friday, 11/6, 5:00 – 7:30 p.m., Uplifting
Voices art show (in-person)

Week of 11/23 – No Groups during
Thanksgiving week

January:

Thursday, 1/14
Groups for Intersession begin (Teens only)

February

Tuesday, 2/23, 6:00-7:00 p.m.
New Families Orientation (Zoom)

March

Week of 3/2/27 – Groups begin for Cycle 3

April

Tuesday, 4/13 – Family group begins, in-
person

Week of 4/19 – Groups begin for Cycle 4

June, July and August

Family Art Nights – in-person
Dates to be arranged





Frequently Asked Questions

Child/Teen doesn't want to continue, what do I do?

We encourage families to have children/teens, and their caregivers participate consistently and commit to attend five (5) times – one (1) hour each week for five (5) weeks. Each week has a different theme, activities and discussion, and builds on previous themes. However, we do not encourage children/teens to be forced to come to group. Caregivers can attend the caregivers' group even if their child/teen is not participating in their own group.

Do I have to attend the Caregivers Group?

We recommend that caregivers attend the Caregivers Group for the reasons described above. However, it is not a requirement. If there is another adult who is involved in the child's life or helping to raise the child/teen, they can participate.

For the ***Come Together!*** group for children in Kindergarten, 1st, 2nd, and 3rd grades, we ask that the caregiver participate in that group. Young children cannot be expected to sit still for long periods, nor to keep long periods of concentration. By having both a caregiver and the child(ren) together, both can do the activities, have dedicated time together, learn and share together, and have meaningful discussions. Another adult can participate if the caregiver cannot; we ask that the same person show up each week with the child.

Do I have to buy any materials for group?

Uplift staff is designing these virtual groups with the families we serve in mind. We recognize that these groups are voluntary, and we do not want families to feel burdened by participating. The activities may require simple materials that you may already have at home. Examples may include:

- ✓ Pencils, pens, markers, color pencils, crayons
- ✓ Paper – even if one side is already used or line paper from a notebook
- ✓ Empty box, envelope or empty tube of toilet paper or paper towels
- ✓ Scissors (round tips for younger children)

Please inform your Family Services Clinician about any needs you may have. While Uplift may not be able to provide these services, we will work with you to identify a resource for you and your family.

My child has a hard time staying focused online. What can I do?

Please know that for some children or teens, being online for group is not easy due to the concentration needed to stay focused, the topic discussed, or needing to move. Some ways to deal with this are:



- ★ Turn off screens – phones, TV, computers, video games, etc.- an hour before group starts, if possible. Keep these devices off during group.
- ★ Take a walk or run or do physical activity for 30 minutes before group starts
- ★ Eat a snack 10 to 15 minutes before group starts to ease any hunger pangs
- ★ Complete other tasks, such as homework, so that it does not preoccupy thoughts
- ★ Color, draw or make a zentangle to settle into group

Does Uplift have anything for very young children? On our website, we have a series of three [videos](#) and a [booklet](#) on how to talk about death with very young children.

Uplift lists [tip sheets](#), [book recommendations](#), and [at home activities](#) on our website. We also have fun videos on our [YouTube page](#) where you can learn and do at home.

Visit us at www.UpliftPhilly.org for more resources.

Family Services Clinicians

To reach a clinician, call 267-437-3123 and enter their extension

NAME	EMAIL	EXTENSION
Chabeli Angeline Noval, MSW, LSW (she/her/ella)	Chabeli@UpliftPhilly.org	1011
CJ Roseberry, MSW, LSW (they/them)	CJ@UpliftPhilly.org	1002
Darcie Rudolf, MA, NCC, LPC (she/her)	DarcieR@UpliftPhilly.org	120
Samantha Anthony, M.Phil, MS, LPC (she/her)	Samantha@UpliftPhilly.org	1009
Teresa Méndez-Quigley, MSW (she/her/ella)	Teresa@UpliftPhilly.org	180

Philly HopeLine

Uplift's free and confidential helpline is staffed by Uplift clinicians who specialize in grief and loss support. Translation services available for 100+ languages.



1-833-PHL-HOPE (1-833-745-4673)

Hours

Mondays – Thursdays: 10:00 a.m. – 4:00 p.m.

Closed on Federal Holidays
and when Uplift office is closed