

### ***What is Buddy's Place?***

Buddy's Place is a bereavement program offering support groups for children ages 4-18 and their families who have experienced the death of a parent or significant caregiver.

Buddy's Place offers children and their surviving parents a safe supportive atmosphere where they can express their grief with others who have experienced a similar loss.

### ***Where is Buddy's Place?***

Partnering with Pillars of Western Springs, LaGrange Memorial Hospital has donated space on-site for Buddy's Place.



*“Talking gets the hurt out of you.”*  
Jack, Age 7

*“We shared and talked. I would recommend it for anyone who has had a parent die. It helped me remember the good times and I had forgotten all of those.”*  
Trisha, Age 15

### ***Financial Support***

Buddy's Place services are free of charge thanks to gifts from individuals, churches, foundations, clubs, organizations and businesses.

Please consider giving a tax-deductible donation to Buddy's Place today. Our future growth depends on charitable contributions.



If you or someone you know can benefit from the services of Buddy's Place or you would like more information on how to contribute to our program, please contact:



Buddy's Place  
1023 W. Burlington Avenue  
Western Springs, IL 60558  
(708) 354-0826



*The reality of death is difficult for most adults to face. Imagine looking at death through the eyes of a child.*

Most children do not understand death, nor do they know how to grieve. Families often do not know how to encourage children to express feelings during grief. Internalized grief can lead to emotional and physical problems later in life.

Our staff is committed to supporting grieving families and to providing a safe, accepting, and nurturing environment where each child can grieve in his or her own way.



## **Buddy's Place Programs**



### **Time-Limited Groups**

Buddy's Place offers 8-week support groups for bereaved children and surviving parents. These groups are scheduled to meet as needed throughout the year.

Understanding the grieving process and learning coping skills helps children work through their loss. Volunteers with extensive training facilitate the groups where children engage in age-appropriate activities to help them express their grief.

At the same time, surviving parents have their own group where they focus on understanding how to better help their children work through their grief.



### **Open Groups**

In addition to time-limited groups, Buddy's Place offers a monthly support group. Here, families connect with other families who are preparing to start an 8-week session or who have completed a session.

Families are encouraged to attend open group meetings for as long as they desire.

## **Our Goals**

- To provide emotional support to grieving children and their families.
- To provide opportunities for families to meet and support each other.
- To educate the community-at-large and those who are influential in a child's life about the grieving process in children and teens.
- To increase awareness of the needs of grieving children, teenagers, and their families.
- To refer individuals and families to appropriate bereavement services.



### **Guiding Principles**

- Grief is a natural reaction to loss for children as well as adults.
- Within each child and adult is the natural ability to heal their loss when given a safe, supportive environment.
- The duration and intensity of grief are unique for each individual.
- Caring and acceptance foster the healing process.

(Adapted from The Dougy Center, Portland, Oregon)