

“Talking gets the hurt out of you.” — Jack, age 7



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 their own way.

What is Buddy's Place?

Buddy's Place is a bereavement program offering support groups for children ages 4 to 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 and supportive atmosphere where they can express their grief with others who have experienced a similar loss.

Buddy's Place programming is hosted at the Presbyterian Church of Western Springs, located at 5250 Wolf Road, Western Springs, IL 60558.

More Information

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:

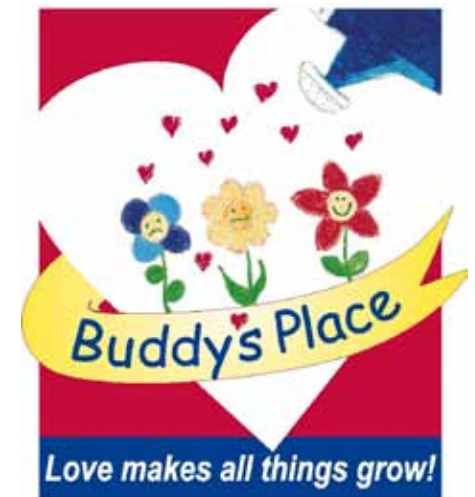
Buddy's Place

c/o Pillars
1023 W. Burlington Avenue
Western Springs, IL 60558
(708) 995-3750

A Program of Pillars

Pillars builds healthier communities by providing quality mental health services, social services and education for people of all ages. Last fiscal year we served approximately 11,000 community members. For more information please go to www.pillarscommunity.org or call (708) PILLARS.

A program for bereaved children and their families



Our Goals

- Provide emotional support to grieving children and their families
- Provide opportunities for families to meet and support each other
- Educate the community-at-large and those who are influential in a child’s life about the grieving process in children and teens
- Increase awareness of the needs of grieving children, teenagers and their families
- Refer individuals and families to additional bereavement services when appropriate

Our 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 and 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, OR)

Financial Support

Buddy’s Place services are free of charge thanks to the support of the Lyons Township Mental Health Commission and 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 the support of people like you.



Our Services

8-Week Session

Buddy’s Place offers an **8-week support group** for bereaved children and their parent/caregiver. This group meets each spring and fall. In this group, children engage in goal-oriented activities that are age-appropriate. At the same time, the parent/caregiver participates in a group where they focus on understanding children’s grief and how to better help the children work through their grief.

Support Groups

Buddy’s Place offers a monthly support group, called the **Monthly Gathering**. This group meets on the second Monday of each month. During this gathering families share a meal and complete a creative grief-related project. This allows family members to interact with each other, which aids in healing.

Buddy’s Place also offers a **Peer Support Group**. This group meets once a month, on the third Wednesday of each month. Children meet with other children their age, giving and receiving support for their challenges and struggles using art, writing, music and movement. Parents and caregivers have the opportunity to attend a parent/caregiver group as well.

Presentations and Consultations

Buddy’s Place staff are available to make presentations and consult on children’s grief to anyone influential in a child’s life.

Counseling

Pillars clinical staff are available on a sliding fee basis for individual and family counseling for people of all ages who are grieving the death of a loved one.