



Dear Friend,

Thank you for your interest in the 8-week support groups for grieving kids and families hosted by Annie's Hope. As you may already know, each session of Family Support Groups meets once weekly for eight weeks. The 2023 Family Support Group schedule is listed below.

Session #1, Thursdays	Session #2, Tuesdays	Session #3, Wednesdays	Session #4, Wednesdays	Session #5, Tuesdays
January 26	April 4, 11, 18, 25	July 19, 26	September 27	October 24
February 2, 9, 16, 23	May 2, 9, 16, 23	August 2, 9, 16, 23, 30	October 4, 11, 18, 25	November 2, 7, 14, 21, 28
March 2, 9, 16		September 6	November 1, 8, 15	December 5, 12

Annie's Hope programs are in-person. We are committed to delivering in-person support groups in a safe manner. As the start of each set of groups approaches, we will update you about any accommodations necessary.

Before your family is accepted to a session of Family Support Groups, we need:

- **A commitment to attend ALL 8 weeks** - please check your schedule to make sure you do not have travel plans, school events, teacher conferences, sports events, church obligations, etc. that will interfere with your attendance.
- **An application for each adult, each teen, and each child attending.** Program applications can be found on our website (www.annieshope.org/programs), or can be emailed, mailed, or faxed to you upon request. Teenagers should complete their own application. For children younger than age 13, we encourage you to work with your child to complete the paperwork – don't forget to let them sign the last page! We recognize the forms may be difficult to complete – take your time. Submission of your thoroughly completed paperwork as soon as possible is best because **space is limited**. Most sessions do have a waitlist. After your forms are submitted, an Annie's Hope staff member will call you to review the paperwork, schedule the tour, and confirm group acceptance.
- **An adult active in the child's life who is committed to participating in groups every week.** Adult participation serves as a healthy role model for grieving children and can help "connect the dots" in grieving families.

Here are a few things that may be helpful to know:

- Every participant is invited to bring a memento or photo of the person(s) who have died.
- Please know that almost all who attend will feel some sort of anxiety or nervousness, especially in the first week. It may be helpful to remember that you are all in similar situations and that you will not be forced to say or do anything that would make you feel uncomfortable.
- Every family is asked to schedule a visit to Annie's Hope for a 15 – 20" tour BEFORE being accepted for FSG participation.
- There is no fee to attend, yet Annie's Hope needs financial support to make the programs happen. The full financial value for each family to participate is about \$725. We would be grateful if each accepted family donated to the best of their ability - \$7, \$75, \$725. No family is turned away because of their ability to make a donation.

We look forward to meeting you and the kids. Please don't hesitate to call or email me with questions.

Lindsay Rosso,

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