

GRIEF RESOURCES FOR COLLEGE STUDENTS

Actively Moving Forward (AMF)

“Network of college students supporting college students grieving the illness or death of a loved one.”

Purpose: to provide a positive student-to-student outlet for those who have been affected by the loss of a friend or loved one. For those who have not been directly affected by the loss of someone close, it's a way to support (and learn something about how best to support) those who have. The organization aims to perform community service in remembrance of individuals who have passed away.

Contact info:

- amfvcu@gmail.com
- www.facebook.com/amfatvcu
- www.studentsofamf.org

Comfort Zone Camp (CZC)

Family Support Groups: 2015 Seven-Week Spring Session

- Groups are available for children, teens, and young adults ages 5-25 who are grieving the death of a parent, sibling or guardian. Adult groups are available to those who have lost a child or spouse.
- All groups are provided free of charge.
- Groups are facilitated by trained grief counselors who will help participants share their personal stories, identify feelings and emotions, discover coping strategies and move forward by honoring loved ones and keeping memories present in our lives.

Where: United Methodist Family Services
3900 West Broad St.
Richmond, VA 23230

When: Wednesday Evenings
April 15 – May 27 **
6:30 – 7:45pm (** 6:30-8:30pm on May 27, includes dinner)

Contact Patti Cox for additional information or to register:

Patti Cox, Support Group Coordinator
pcox@comfortzonecamp.org
(804) 840-6454

Sessions are provided at no cost to the community through a generous grant from the Altria Companies Employee Community Fund.

2015 November Central Virginia Young Adult Grief Camp

Description: Free 3-day camp program designed for ages 19-25 who have experienced the death of a parent, sibling, or primary caregiver. The weekend program includes support groups where you will receive peer-validation, confidence-building initiatives, and intentional times to honor you loved one(s). Grief evolves with each developmental stage we reach, so learning to manage our grief in a healthy way is important at every age. Whether your loss was 10 years ago or 3 months ago, we encourage you to attend.

When: November 6-8, 2015
Where: Westview On the James
1231 W. View Road
Goochland, VA 23063

More info: www.comfortzonecamp.org
aludeman@comfortzonecamp.org
(804) 282-2192, ext 207