



ADULT AND CHILD GRIEF SUPPORT FOR LOSS DUE TO OVERDOSE

The Medical Examiner's Office and Uplift Center for Grieving Children have partnered to facilitate peer support groups for those personally affected by a death due to overdose.

We are offering two separate groups operating at the same time: one for adults and one for children (ages 5+). Individuals or families can participate in one or both groups. The groups will be open, judgment-free environments where individuals can share their experiences of personal grief while connecting with others who are going through similar experiences.

DATE Every other Thursday

TIME 6:30- 8:00 PM

LOCATION Falls Center (3300 Henry Ave. Ste 102, Phila, 19129)
*Entrance through Martha Tracey building, first door on the right.
Free parking available, also accessible directly by SEPTA's R and 32 bus lines (tokens available).

No cost to attend. Light meals will be provided.

Must pre-register by contacting Laura Vargas by phone (215-685-7408) or email (Laura.Vargas@Phila.Gov)



Overdose Loss Support Group Frequently Asked Questions

Uplift and the Philadelphia Department of Public Health have partnered to provide an Overdose Loss Support Group. While this is not therapy, the group may include therapeutic practices. The goal of this group will be to help those who are grieving an overdose loss find comfort and support from their peers who are experiencing similar situations.

Our Mission

Uplift Center for Grieving Children helps children grieving a death heal and grow through their grief, while strengthening families, communities, and professionals' understanding of how best to respond to their needs.

Where is Uplift located?

Uplift's office is in the Falls Center, located in the East Falls section of Philadelphia at 3300 Henry Ave. Families can enter through the Martha Tracey Lobby in the Work Falls building.

Transportation?

SEPTA's R and 32 bus routes have stops at the entrance of the Falls Center. Free parking is available in both the outside lot and parking garage adjacent to our building. The Septa R and 32 busses stop right in front of our building (Henry Ave. & Indian Queen Ln stop) and the East Falls Station is the closest train station.

How Many Weeks Is Group?

This is an ongoing group, where participants can attend groups as they need. Please RSVP to Laura Vargas at the information below to register.

What Time Is Group?

Group is scheduled for every other Thursday from 6:30-8:00

Is There a Cost?

All services at Uplift are FREE of charge to children, teens, young adults, and their caregivers. No insurance or payments are required. Light meals are provided, and SEPTA passes are available for participants.

How Can I Support My Child?

Frequently reassure them that they are safe and cared for. A little sensitivity and honesty on your part is key and will go a long way in helping your child process their own grief. Acknowledge all feelings and ensure your child that it is okay to feel sad. Allow questions and provide honest age-appropriate answers. Just be available and open to your child as they may or may not want to talk about it with you. If you feel you may need further assistance, please reach out to us through the information given below.

Should I Expect Immediate Results?

Each child will respond to group differently and at different times. Some children may respond positively in the beginning of the group, while others may not show any reaction until the end or even much later. What's most important is that the caregiver give a listening ear, remain patient and understanding during their child's grief process.

What if my child does not know it is an overdose loss?

Be honest with your child, but careful to provide age appropriate information. Let them know that it is okay to ask questions and provide any additional information as your child ask(s).

Do I have to attend group with my child?

Caregivers do not attend group with their child. However, caregivers must remain on site. There is a separate adult support group happening at the same time as the youth support group. All caregivers are encouraged to join. If caregivers choose not to join, available on site is the Founded Café where caregivers can wait comfortably while enjoying a meal or a cup of coffee.

Uplift Groups are in partnership with the Philadelphia Department of Public Health

For More Information or to register, please contact:

Laura Vargas (Bereavement Coordinator) MSW, LSW 215.685.7408/ Laura.Vargas@phila.gov

Joy Mosley, (Clinician) MSW 267.437-3123 ext. 1004/ joy@upliftphilly.org