

**You are not alone.**



A death in the family can be devastating. For a child, it changes everything. At The Lighthouse you are not alone. Since 1999, The Lighthouse has been helping families at their most vulnerable.

In the wake of a life altering death, The Lighthouse provides a place where children, teens and their parents or caregivers feel safe to share their feelings with peers who understand. This support helps them reach an understanding of their loss and builds hope for the future.



Peer Support for Grieving  
Children, Youth and their Families

Offering hope and encouragement  
to grieving children, teens and their families  
in Halton, Peel and beyond since 1999.

Please contact us for information on  
grief support groups, volunteering  
or to make a donation.

[www.grievingchildrenlighthouse.org](http://www.grievingchildrenlighthouse.org)  
Email: [info@grievingchildrenlighthouse.org](mailto:info@grievingchildrenlighthouse.org)  
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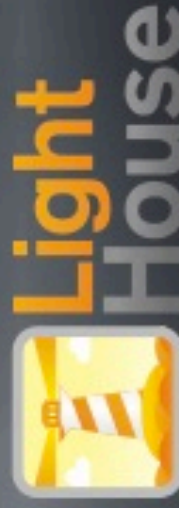
*"In a world where everything was turned  
upside down and seemed foreign, going  
to The Lighthouse and being with people  
who knew exactly what we were going  
through was like walking into a warm  
loving embrace" - Mom from Oakville*



United Way  
Fundraising Agency



We are a registered non-profit charitable organization.  
Charity # 86105 9715 RR0001



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## A safe place

*"Listening to my children's laughter whenever we are here, is what warms up my heart and gives me peace and hope. At the same time The Lighthouse is a place for me where I feel safe"* - Dad from Milton

*"After our dad died, going to The Lighthouse and being able to share our story with other kids...made us feel less isolated in our grief. The people we met there understood our pain and had a genuine interest in helping us through our journey"*

- Teenaged sisters from Mississauga

*"You can really be yourself here and just say things like 'I'm so angry', or 'I'm so frustrated' and the people you're with...they get it"*

- Marcia



## What we do

*In our busy world, we often find it difficult to acknowledge grief, and struggle to give those mourning time to heal. At The Lighthouse we realize that everyone grieves differently and in their own time. This is why:*

- Groups are held in a welcoming, safe, home-like environment
- Support groups are open ended so families can stay as long as they need help
- All groups and services are provided free of charge
- Support groups are facilitated by trained volunteers and professional staff
- Families are invited to use The Lighthouse library of grief related books and DVDs

### The Lighthouse also offers:

- Free telephone consultations to anyone wanting to understand how to support a grieving family.
- With 17 years of experience, The Lighthouse provides educational presentations and consultations to schools, community agencies, employers and other groups.



## How can you help?

### Spread the Word

If you know of a child, teen or parent grieving a death in their family, let them know about The Lighthouse.

### Volunteer

We are always looking for caring and committed people to facilitate our many support groups or volunteer their time and talents in other ways. Call us or visit our website.

### Support

The Lighthouse is a self funded organization. We do not charge our families for our groups or services. Your donations can help us meet the ever increasing need for grief support in Halton and Peel. All donations are much appreciated and tax deductible.

