



Bridges is non-profit, tax exempt and non-sectarian. Our programs are funded by donations, grants, parent donation, and Mary Bridge Children's Foundation.

For more information call,
Bridges Center for Grieving Children
253-403-1966
multicare.org/Bridges



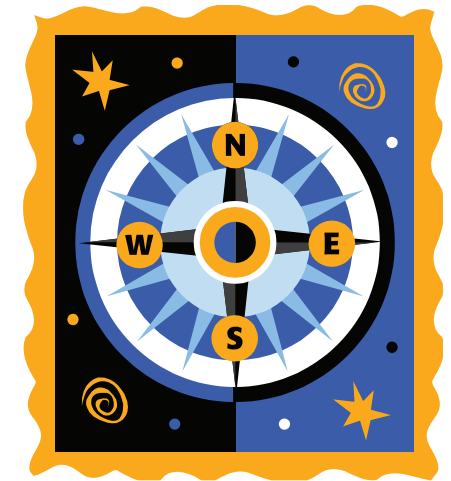
multicare.org/Bridges

88-3251-5 (Rev. 5/19)



PO Box 5299
Tacoma WA 98415-0299

Discoveries



A support program for families
coping with a serious diagnosis



Bridges Center for
Grieving Children

multicare.org/Bridges

Discoveries



- ★ A family support group serving families with children ages 4-18 who are living with someone with a serious medical diagnosis
- ★ Peer support groups facilitated by trained volunteers

because...

- ★ Serious medical needs impact all members of the family
- ★ Individuals often cannot express or address their needs in the midst of illness
- ★ Every family member may benefit from the opportunity to receive support in an understanding environment

in the hope that...

- ★ Children will learn to cope with their family member's diagnosis
- ★ Growth and healing will occur
- ★ Families will become stronger



Discoveries Support Groups...

- ★ Offers concurrent age and developmentally appropriate support groups
- ★ Are open ended
- ★ Use discussion and intentional activities
- ★ Meet monthly



Talking about all those mixed-up feelings is a part of learning to cope that happens at Discoveries.

Topics include...

- ★ Life Cycles and Time
- ★ Diagnosis and Prognosis
- ★ Changes in the family
- ★ Identifying feelings
- ★ Ways of coping and finding support



Discoveries is a program of Bridges Center for Grieving Children

Bridges offers support groups for children ages 4-18 and their parents or guardians

- ★ **Bridges** – when they are grieving the death of a parent or sibling
- ★ **Discoveries** – when they are experiencing the serious medical diagnosis of a family member
- ★ **Passages** – when they are grieving the death of someone significant (other than parent or sibling)
- ★ **Camp Erin** – 3 day grief camp for children ages 6-17 when they are grieving the death of someone significant

Discoveries



a safe place

Auxiliary aids or services needed to meet ADA requirements are available upon request. Please notify the program director of your need at least 24 hours prior to the activity.

