



## Quotes from Teens about Support

“My family was lucky enough to find a place where you can vent, talk and grieve together—a group of other grieving families. This group changed my life in many ways. When I was there I wasn’t different. Everyone there has lost a loved one, even many of the leaders. Through the many activities I was helped to learn how to deal with grief and help others deal with their grief.”

—Eric, 15

“As time went by I discovered that my life was not over, just drastically different. I had to readjust to a life without my dad around to guide me. Learning to change my expectations for life and to have hope for the future did not come naturally. It has been an extremely difficult journey. Nine years ago, I had no hope for the future. I was a lost fourteen-year-old girl with no idea what direction my life would go. Now I am a successful college graduate and I have many goals for my future. I now have hope that life will continue, things will get better, and I will be successful despite the untimely death of my father.”

—Crystal, 23

“The families here have all lost someone that they love. They are so understanding and they know what it’s like. I feel that it is easier to talk to someone that I can relate to than it is to talk to somebody that has never experienced the feelings and emotional states that I have.”

—Jenniffer, 16

“The death of a loved one leaves a hole in your heart that will never completely go away but with the help of caring people it will become smaller.”

—Darren, 17

“This was the one place where people did know how I felt. They were experiencing a loss also. And we were able to be there for one another.”

—Sidney, 15