

WELCOME

The Center for Hope and Healing is the home to The Grief Center along with other organizations that share our mission of providing grief-informed support to our community.

Looking for a meeting venue? We offer a variety of rooms available to rent, for a day or several days, to the community for their off-site event. Feel free to call us for more information.



HOW YOU CAN HELP:

As of 2025, 1 in 7 children in New Mexico will experience the death of a parent or sibling by their 18th birthday, ranking the state first in the nation for childhood bereavement (Judi's House/JAG Institute, 2025).

Because of the generosity of the community, our programs are provided at no cost to participants.



Share our information with others who may need grief support.



Volunteer your time and talents.



Learn about grief through our free Grief Resource Library, workshops and webinars.



Donate to support our services at www.griefnm.org/donate.

CONNECT WITH US:



(505) 323-0478
info@griefnm.org
www.griefnm.org



**OUR VISION IS THAT ALL
GRIEVING PEOPLE WILL
RECEIVE COMPASSIONATE
SUPPORT NEEDED TO
FOSTER HOPE FOR THE
FUTURE**

**LOCATED IN
THE CENTER FOR HOPE AND HEALING
4125 CARLISLE BLVD NE
ALBUQUERQUE, NM 87107**

**MONDAY - FRIDAY, 9 AM TO 5 PM
505-323-0478
INFO@GRIEFNM.ORG**

WWW.GRIEFNM.ORG



OUR MISSION

Our mission is to provide compassionate and safe support, understanding, healing, and hope to the grieving community.

OUR PRINCIPLES

- Grief is a natural reaction to a death for children as well as adults.
- Within each individual is the natural capacity to heal oneself.
- The duration and intensity of grief is unique to each individual.
- Caring and acceptance help in the healing process.

Since 2001, The Grief Center is the only nonprofit in central New Mexico committed to supporting children, teens, and adults as they navigate the complexities of grief from the death of someone significant in their lives. To get started call (505) 323-0478.

HOW WE HELP:

PEER-TO-PEER GRIEF SUPPORT:

- Free grief support groups from September - May,
- Children are grouped by age, starting at age 5.
- Dedicated groups for teens and young adults.
- Adults are grouped by who died or the circumstance of the death.
- Camp Corazón is a free three-day, two-night camp in New Mexico for grieving youth age 7 through high school seniors.

WORKSHOPS & WEBINARS:

- Free to attend.
- Details can be found on our website.
- Workshops include:
 - "Back-to-School Jumpstart" in August.
 - "Grief in the Holidays" in November.
 - Special art programs and activities.
- Webinars:
 - "Grieving Families, Grieving Children".

TRAININGS & PRESENTATIONS:

- Training and presentations are fee-based.
- "Bereavement Facilitator Training" is for volunteers to become group facilitators, and professionals to become more grief-informed.
- "Supporting Grieving Students" is for school personnel.
- "Notification of Death" is for First Responders.
- Custom trainings are also available.

CHILDHOOD BEREAVEMENT

THE COST OF INACTION

Research indicates that children who experience grief due to a death are more likely to face developmental challenges.

If childhood grief and trauma are left unaddressed, it can result in both short- and long-term difficulties, such as lower academic performance, mental health concerns, and even early mortality (Judi's House, 2023).

