



# Bereavement Services

**A free weekly bereavement group staffed by mental health professionals.**



an affiliate of Mount Sinai South Nassau

SIBSPlace developed and utilizes a bereavement group curriculum, based on creative arts activities and verbal discussions that foster resiliency and provide opportunities to:

- Normalize and validate difficult feelings related to the death of their sibling or parent by sharing the story of the loss with peers who are also grieving for a loved one
- Increase self-expression and awareness through journaling topics such as: identify a way to say good-bye if the child feels there was a missed opportunity
- Consider a message the child would like to share with the person who died
- Explore now vacant roles and identify who can fill them
- Develop tactics for “remembering”
- Prepare children with answers to difficult and/or painful questions
- Identify qualities the child possesses/ internalized from the significant person
- Develop coping skills to prepare for the approach of special occasions and future milestone events without the family member and explore the creation of new traditions

## **SIBS® Place Mission Statement:**

SIBSPlace, an affiliate of Mount Sinai South Nassau, is a free therapeutic program serving children ages 5 to 17, living with a sibling with cancer or another devastating medical illness, a parent with a cancer diagnosis and/or children coping with the death of a sibling or parent. SIBSPlace provides guided therapeutic peer support to help well children express feelings and develop skills to cope with the traumatic and emotional impact of a loved one's medical diagnosis and/or loss. Our door is open to all children no matter what hospital is treating their loved one. Family support is offered.

SIBSPlace offers support and attention to the unique experience and needs of the well children as they face the issues and conflicts related to the illness or death of their family member.

**Peer support services** to address issues of anticipatory grief are offered twice weekly.

**A parent support group** is available weekly because each member of a family is impacted by traumatic illness.

A **6-week summer camp** experience, **bereavement services** and **monthly tween and teen groups** are offered to support our SIBSPlace families effectively.

**Services are provided both in-person and virtually.**



**Mother Cabrini**  
HEALTH FOUNDATION

SIBSPlace is honored to have been selected as a grantee of the Mother Cabrini Health Foundation. Through this partnership, SIBSPlace will be able to offer a year-round Bereavement Program for children coping with the death of a sibling, parent or guardian due to illness or sudden loss.

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