




Robin's Nest

at Michael's Place

Robin's Nest is an innovative program that gives youth a break from their grief and helps them experience joy that will lead to healthy healing. This program helps grieving youth understand they are not alone and removes the isolation many experience.

Grieving youth want to feel normal. Robin's Nest gives them the opportunity to feel normal again as they gather each month to experience best day events and educational opportunities. Some of the Robin's Nest activities include meeting the Blue Angels and Red Wings, learning to cook and sew, along with skiing lessons and fishing expeditions. During these activities youth interact with mentors who offer support, a listening ear, and hours of laughter and fun.

Robin's Nest helps grieving youth by providing them the opportunity to build relationships with mentors and other youth who understand their grief. Additionally, grieving youth are helped by providing life coping skills and a positive and safe outlet to express their emotions and feelings in a comfortable and fun-filled atmosphere.



Michael's Place provides support and advocacy to those grieving and educates the community on grief issues.



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MICHAEL'S PLACE PROGRAMS:

SUPPORT GROUPS: EVERY MONDAY FROM 6-8 PM
WITH DINNER INCLUDED

Children meet in peer groups and participate in discussions, art projects, games, and activities. Teens have a support group customized to meet their needs. Adults meet according to their loss with others who have a greater understanding of their grief journey.

MAKE-A-MEMORY: SECOND THURSDAY OF EACH
MONTH FROM 4-8 PM

Participants work with a volunteer to make special keepsake items such as teddy bears, pillows, memory books, or treasure boxes. Participants do not have to know how to sew or scrapbook.

ROBIN'S NEST: MONTHLY WITH ADDITIONAL
PROGRAMS AS SCHEDULED

With the help of trained mentors, Robin's Nest provides best day activities and educational opportunities designed to help grieving children feel normal and bring joy to their lives.

SCHOOL BASED INITIATIVE:

Professional guidance is provided to schools to develop customized bereavement crisis response plans, assistance in the event of the death of a school community member, and training for staff on grief related topics.

COMPASSIONATE WORKPLACE:

Professional assistance is provided to businesses and agencies experiencing a bereavement crisis affecting their workplace, whether the death of a co-worker or employee's family member. On-site grief crisis support is provided as well as follow-up support services for individuals or groups.

Unresolved childhood grief is often linked with adolescent and adult depression, violence, truancy, alcohol and drug use and abuse, anxiety, and suicidal tendencies.

Michael's Place helps grieving children and teens by providing them with life coping skills as well as a positive and safe outlet to express their emotions and feelings with others who understand.



DEATH CHANGES LIFE.

Michael's Place Family Support Center

1144 Boon Street, Suite A | Traverse City, MI 49686
231.947.6453

www.MyMichaelsPlace.net
GoodGrief@MyMichaelsPlace.net

Find
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