

The San Mateo Union High School District and KARA Invite You To...

Caring Presence - Supporting Our Teens In Their Grief



Details:

San Mateo High School
Library

506 N Delaware Street
San Mateo

Monday, September 25, 2017

Registration: 6pm-6:30pm
Presentation: 6:30pm-8pm

About The Presenter

Jamie Byron is the Director of Community Outreach and Crisis Response for KARA. As a non-profit organization serving the San Francisco Bay Area since 1976, KARA provides comprehensive grief support, crisis intervention and education to individuals and communities facing the difficult realities of grief and loss. Through a time-tested and highly effective peer support model adopted from the Shanti Model of peer support originated by Dr. Charles Garfield, more than 150 volunteers compassionately serve children and adults on their journey through grief so they can move toward renewed hope and meaning. KARA services are designed to be accessible for all and are primarily funded by charitable donations and the community's heartfelt generosity.

Event Goals

This event is intended to provide SMUHSD families and our broader community with additional skills to address our teen's grief by developing a foundation of knowledge on grief, growing one's sense of compassion, and providing opportunities to reflect inward on one's own grief history.

Through psycho-education, experiential exercises, and group discussion, attendees will learn to:

- ~Use tools that will allow them to recognize symptoms of grief
- ~Support those in grief
- ~Gain skills to use a framework to process loss

Interpretation Available
in Spanish and Chinese.

Light Refreshments Will
Be Served.



Open to all families of the San Mateo Union High School District, families of neighboring school districts and our entire community.