

# HOW WE HEAL *Hearts*

At Children's Bereavement Center of South Texas, we understand that each person's journey through grief is unique and deserving of a distinctive approach to healing. We are here to provide hope and healing. Based on an intake assessment with our counseling team, our counselors will determine the best option for your family.

210-736-4847

START THE HEALING PROCESS »



## GRIEF SUPPORT GROUPS

Our grief support groups bring together youth and their caregivers with similar death loss experiences to help normalize feelings, share experiences, and grieve the death of a loved one. Families who attend groups are invited to participate in various therapeutic activities with peers to help process their grief.

[Learn More](#)



## GRIEF COUNSELING

Youth and their caregivers may be provided with private therapy sessions that will help stabilize and preserve family relationships and develop healthy coping skills. Our certified counselors may be able to provide this service based on information collected at the intake assessment.

[Learn More](#)



## CAMP HEROES

Camp Heroes is a grief camp hosted three times a year for children ages 7-11 who have experienced the death of a loved one. These grief camps are opportunities for children to be surrounded by other peers who have similar death loss experiences. Children who attend will participate in many different therapeutic activities to work toward developing healthy coping skills.

[Learn More](#)



## CRISIS SERVICES

Schools and organizations face many challenges in the event of the sudden or anticipated death of a student or faculty member. CBCST makes our staff available to provide on-site grief support to students, staff and faculty. Our trauma-informed counseling team can also provide on-site staff with the training and tools needed to assist impacted students.

[Learn More](#)



## SCHOOL-BASED SUPPORT GROUPS

Our school-based grief support groups are made possible in partnership with the United Way of San Antonio & Bexar County and the City of San Antonio. This program allows us to bring our peer support group work on campus during the school day. This gives students direct access to our services and gives them the ability to focus on their academics and understand the importance of their mental health.

[Learn More](#)