

# EMBRACE

*Empowering Mind, Body and Recovery  
After Challenging Experiences*

**Offering Individual, Family, and  
Grief Support Groups**



Are you or a loved one navigating the difficult path of grief or trauma? You're not alone. EMBRACE is here to help you find comfort, connection, and healing during this challenging journey.

## ABOUT THE PROGRAM

EMBRACE offers a secure and supportive environment where children, adolescents and their families can openly share their experiences of loss and trauma.

## WHO WE ARE

At Bright Harbor Healthcare, we recognize the deep pain and sorrow that comes with loss and trauma. Our dedicated team of counselors and support staff are here to provide a safe and compassionate environment for healing and growth.

## WHO CAN BENEFIT

Children (Ages 5 and Up), adolescents and their families.

## PROGRAM HIGHLIGHTS

- **Professional Guidance:** Our experienced counselors will facilitate the groups and provide support.
- **Safe Space:** Connect with others who understand your pain and share your journey in a supportive and empathetic community.
- **Tailored Sessions:** Individual and/or family sessions for children, adolescents, and caregivers; helping them express their emotions and heal.
- **Healing Activities:** Engage in therapeutic activities that promote healing and self-expression.
- **Emotional Support:** Learn effective coping strategies, communication skills, and self-care techniques.
- **LGBTQIA+ clinical consultant & community liaison** available.

## WHY JOIN US

Grief & trauma can be isolating, but healing happens when we come together. Join us on this path toward hope, resilience, and recovery.

## CONTACT US

For more information call or email:

 732-349-3535 ext. 707

 [EMBRACE@brightharbor.org](mailto:EMBRACE@brightharbor.org)

 [BrightHarbor.org](http://BrightHarbor.org)

*You are not alone. Let us help you heal.*

