



Imagine, A Center for Coping with Loss



Imagine

Imagine is a free year-round peer grief support center located in Mountainside, New Jersey. Imagine serves children, young adults and parents/guardians who have had a parent, sibling or child die. Support groups for caregivers of a person living with a life-altering physical illness are also available.



Concurrent support is provided for the parent or guardian of the youth attending Imagine. Group members share feelings and develop healthy and constructive coping tools and strategies. Grief is a universal human experience yet people often feel very alone and isolated. And even report feeling crazy. At Imagine children and adults discover what they are feeling is normal and that they are not alone.

Imagine uses the peer support group model, the healing arts (paint, music, writing, clay,) physical play and movement, service to others, and community gatherings to provide a safe and healing environment for coping with the painful feelings that accompany loss. Children, teens and adults learn lifelong healthy coping skills, build on their natural resilience, and make meaning from their loss that allows for growth, healing and transformation.

Imagine also provides workshops and trainings for professionals and community members about how to support grieving children.

[Visit Imagine Online](#)