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admin@nbcopes.com



<https://nbcopes.com>

ABOUT NB COPES

CRA REGISTERED CHARITY 736550070RR0001

NB COPES

Connecting Others,
Providing Education &
Support

is a registered charity providing connection, education and support for grieving children and their families. We specialize in creative and evidence-based approaches in Art, Music, Play and Recreational Therapies.



CONTACT US

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NB COPES
CHILD &
FAMILY
Grief
Centre

A place
for healing

HeARTS



OUR THERAPISTS

Our therapists and facilitators are trauma-informed and specialize in supporting grieving children and their families in all types of death-related losses, including anticipatory grief. We strive to provide a safe and supportive space that reflects compassion, creativity, inclusivity, and excellence. We are actively engaged in research and best practices in the use of creative approaches in art, music, recreation and mindfulness.



OUR SERVICES

HEALING HeARTS

These multi-week programmes are facilitated by one or more of our team members.



Through the use of creative means, participants connect with others who are grieving, learn more about their own grief process and find new ways to cope.



HEALING HeARTS FOR INFANT AND PREGNANCY LOSS

We provide specialized support for families experiencing the unique loss of a pregnancy or infant through activities involving narrative, art, music and creative approaches.

EDUCATION, OUTREACH AND SPECIAL EVENTS

We provide outreach art therapy and education to community organizations and professionals wanting to learn more about grief literacy and professional support skills. We collaborate with other agencies to offer customized grief support programs.

FAMILY RETREATS, YOUTH RETREATS and FAMILY CONNECTION DAYS

We offer intensive 4-day Family Retreats as well as 2-day Youth Retreats, to help to process grief in a natural setting.



Additionally, we host 2 Family Connection Days per year.

Led by Licensed Therapists and supported by peer mentors, this program provides a unique opportunity to connect with others and learn about grief.

Using creative therapies, individuals learn to connect with their grief and build mental health resiliency. We also offer follow-up youth weekend retreats for ongoing support.

