A **grief counseling group** may be conducted for grief or loss of any kind. This could include the death or loss of a sibling, parent, grandparent, or pet. This could also include the loss of a home due to unforeseen accident, a parent/guardian's loss of job, or even the loss of a physical ability. This group would be held if several students within the school are experiencing the loss of someone or something important to them, and we (teachers, counselors, administration, parents, etc.) notice the grief beginning to affect their schoolwork and/or time at school. There is value in the universality of a group of this nature. Students can share their experiences with other students who have experienced loss while feeling validated and understood in their grief.

With a group of this kind, there are "stages" that group members may go through as they transition into the group. Denial falls under the resistance stage, and is something that students in this group may find themselves in. This could be denial of the loss itself or even the denial of their need to participate in the group. Defining loss for these students and explaining how it can and does affect people’s lives will be critical in helping students navigate denial.

No matter the size or effect of a student’s loss, it is important to remind them that it is important to grieve, and it is a gift to grieve in the presence of another.