



FORGET-ME-NOT

GRIEF CENTER *of* ALASKA

Volunteer Overview

Join the network of trained volunteers positively impacting our local community by dedicating your time and resources to walk alongside those grieving. The Forget Me Not Grief Center of Alaska is a non-profit organization in Anchorage offering free community-based grief support, with a focus on children and teens.

---- Our Mission ----

“By supporting those grieving a death, especially children & teens, we are building a healthier community.”

Our Services

“We heal together.”

Grief, by nature, is partly a communal experience. That is why the core of FMNGCA is peer-driven grief support groups for children and teens.

Group meetings happen twice a month on, what we refer to as, “program nights”. Participants are put into groups based on age and developmental stage. Trained volunteers facilitate the groups to support a healthy expression of grief.

We want to be clear - our programs are not therapy. FMNGCA services are for the purposes of supporting participants through normal grief. Group meetings are not therapeutic interventions, which are sometimes, but rarely, needed by people to cope with a death.

Get Involved

Volunteers make it all happen! FMNGCA relies on a passionate network of people who are eager to have a positive impact in a child or teen’s life.

The death of someone special can be a huge disruption for young people, and the simple presence of a caring adult makes all the difference. This is where volunteers play an enormous role. Our volunteers are trained to be calm listeners who can create safe space to facilitate healthy grief.

Program Meeting Dates

- 2x monthly, Thursdays | 6PM – 9PM
- Volunteers will be asked to assist with early setup and take down on program nights

Become a Volunteer Group Facilitator

New volunteers are required to complete a 15-hour training. Additional training and/or conversations may be needed on a case-by-case basis.

Facilitator Training:

- Friday | 6PM – 9PM
- Saturday | 9AM – 5PM
- Trainings held 2x annually

We ask our volunteers to commit to at least one year with the program, and to prioritize program nights when scheduling other parts of life. In return, you’ll join our effort to create a healthier community and watch meaningful change happen right in front of you.

Sign up today!

forgetmenot.griefcenter@gmail.com to get started

