



FORGET ME NOT GRIEF CENTER *of* ALASKA

Who We Are

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 and teens, we are building a healthier community.

Our Services

"We heal together."

Grief, by nature, is partly a communal experience. This is why the core of our program is free-of-charge, grief support groups for children, teens and their adults grieving the death of loved ones.

During a program night, participants join groups based on age and developmental stage. Trained volunteers facilitate activities to support & normalize healthy grief expression within the peer group.

Our programs are not therapy. Our services are for the purpose of supporting participants through normal grief. Group meetings are not therapeutic intervention, which at times, but rarely, is needed to help cope with a death.

"My kids felt happy, safe, loved and not alone in their loss. Everyone was kind. The candy was a hit too."

- Parent of a participant

Meeting Dates & Times

- Every other Thursday
6:30 – 8 PM
- Dates may be adjusted due to the needs of our host facility



To join us, volunteer or donate,
please visit our website:

griefcenterak.com
forgetmenot.griefcenter@gmail.com