Now What? Tips for teens in foster care who are grieving

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/now-what-tips-for-teens-in-foster-care-who-are-grieving/

Grieving the loss of people and places after entering foster care can feel overwhelming, unpredictable, and isolating. Teens in foster care emphasize there’s no right or wrong way to grieve—what matters is discovering what helps you navigate the changes and emotions in your own way.

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