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Not Every Backpack Carries Just Books

Avow Kids Offers No-Cost Grief & Loss Support for Southwest Florida Students

Naples, FL (August 6, 2025)— As children across Southwest Florida return to school, many are carrying more than just pencils, notebooks, and lunchboxes. Some are carrying invisible burdens—grief, loss, and major life transitions that weigh heavily on their minds and hearts.

Avow Kids, a program of the nonprofit organization Avow, offers specialized grief and loss support for children ages 5 to 17. Whether coping with the death of a loved one, the divisiveness of a divorce, or the uncertainty of a parent's illness or incarceration, Avow Kids provides a safe space for children to heal, grow, and thrive—at no cost to families.

"Our incredible team of counselors have the education, credentials, and compassion needed to support children through some of life's most difficult moments," said Jaysen Roa, President & CEO of Avow. "Our program not only provides expert guidance but also gives kids the opportunity to connect with peers who've been through similar experiences. It's a place where they can feel seen, understood, and supported as they learn healthy ways to cope with grief, loss, and major life changes."

Avow Kids offers grief and loss support through one-on-one counseling, peer groups, workshops, and seasonal camps—all led by professionals trained in children's grief. Most programs are held in-person at Aunt Janet's House, the homebase for Avow Kids, located on Avow's campus in Naples. Additional support is available through school-based interventions held on local campuses throughout the school year.

Support by credentialed Avow Kids team members includes:

- **Creative Expression Workshops** using art and music for healing.
- **Families in Transition** for children and caregivers navigating divorce, combining therapeutic activities with shared meals.
- **Specialized Loss Groups** for parent, sibling, and even pet loss.
- **Community Education** to equip teachers, families, and community members with tools to support grieving children.

No Cost, No Barriers—Only Healing

Thanks to the generosity of donors and Naples Children & Education Foundation, founders of the Naples Winter Wine Festival, all Avow Kids programs are offered at no cost to families, ensuring every child who needs support can receive it without barriers.

Referrals can be made by teachers, school counselors, family members, or friends by visiting **avowkids.org**.

As students settle into their new classrooms and routines, Avow encourages the community to remain mindful of the emotional and invisible weight some children carry. With compassion, awareness, and resources like Avow Kids, we can help lift that burden and create a path to healing.

About Avow:

Avow was founded in 1983 as Collier County's original, nonprofit hospice. Today, Avow's nonprofit companies provide palliative care consultations for individuals facing chronic or serious illness, hospice care, grief and loss support, and Medicare-certified home health care. To learn more about the scope of services provided by Avow, call 239-261-4404 or visit www.avowcares.org.