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CARING PLACE
finding hope in grief



The Highmark Caring Place

The Highmark Caring Place is a community resource dedicated to supporting grieving children and their families through local programming at four locations across Pennsylvania.

Equipping the community to support those who have experienced the loss of a loved one, Highmark has addressed a growing need for these services, offering them free of charge for nearly 30 years.

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The impact of grief to your business

- **$75 billion per year** is lost in the workplace due to grief.*
- **1 in 4 employees** experience a loss at any given time.*
- **Approximately 2.5 million** people die in the U.S. every year.*
- **Most people grieving** are working full-time or part-time jobs.*
- **Most employers** are not aware of ways to support their grieving employees.

- Employees who feel unsupported by their employer following a grief event are **56% more likely** to leave their company.**
- Unsupported grief at work can result in absenteeism, which costs employers roughly **$225.8 billion annually** according to the Centers for Disease Control (CDC).**



*The Dinner Party (2022). Workplace Resilience. https://www.thedinnerparty.org/workplaceresilience
**Six Ways Grief Can Affect an Employee (linkedin.com) 2022

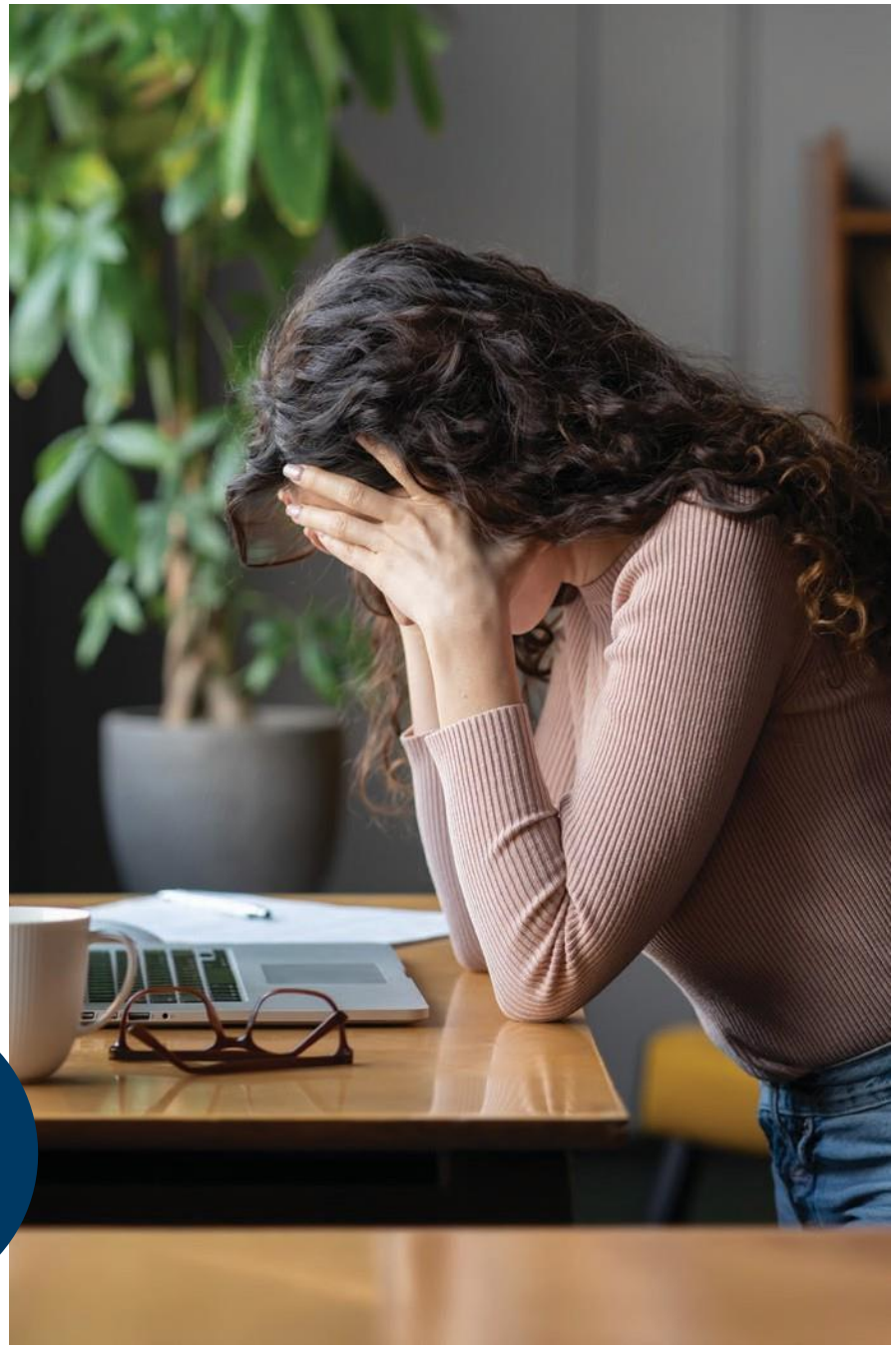
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HOW THE HIGHMARK CARING PLACE CAN HELP YOUR BUSINESS

Highmark Caring Place offers:

- Consultations, referrals, and resources
- Training on grief in the workplace topics for people leaders
- Grief Talks Webinars and Annual Virtual Conference
- Community-based grief support group at a local Caring Place facility
- Professional development for staff
- Lunch and Learn engagement opportunities
- Participation at <CLIENT> Wellness Fairs
- Support following a death in the workplace

All services are offered at no cost.



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How the Highmark Caring Place can help your school

Highmark Caring Place has dedicated staff supporting more than 1,000 schools in Pennsylvania. They are dedicated to helping you create a safe and grief-informed environment for grieving students, helping them feel less alone and able to learn while grieving. They do this by:

- Offering professional development opportunities for faculty and staff
- Facilitating classroom presentations for students about the importance of peer support
- Facilitating grief peer support groups for students
- Consultation in anticipation of or following the death of a student, faculty, or staff
- Participating in school resource fairs, wellness fairs, and back to school nights
- Supporting Children's Grief Awareness Day activities and events
- Grief Talks Webinars and Annual Virtual Conference
- Referrals and resources

All services are offered at no cost.



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JOURNEY TO HOPE

National support for young adults

GRIEF SUPPORT GROUPS

These online groups provide a safe, caring, and confidential setting. The groups are designed to help empower and equip young adults with tools to provide a framework for navigating grief, while reinforcing they are not alone.

Losing someone close is never easy, especially while navigating the complexities of young adulthood. The Highmark Caring Place has FREE support groups for young adults (18 — 35) to heal and find strength.

The power of this programming is to provide connection for this hard-to-reach age group. This virtual setting is designed to be an 8-week support group where young adults will be able to hear from peers who are grieving nationwide.

For more information, email contactus@highmark.com.

**An intake process is required for entry into this support group.*

The Highmark Caring Foundation is an independent licensee of the Blue Cross and Blue Shield Association.

