



SID JACOBSON JCC'S JACK NADEL SOCIAL SERVICES CENTER

HERO PROJECT

HONOR EMPATHIZE REMEMBER ONWARD

FACILITATED BY COPE



The HERO Project was created as a safe space for middle and high school students who have lost a parent, sibling, grandparent, or friend, to feel empowered while connecting with other grieving peers. Sid Jacobson JCC is proud to provide the space and social work support during all HERO Project meetings. Unlike a typical support group, HERO Project offers activities to help teens cope:

- HONOR** their heroes
- EMPATHIZE** with others
- REMEMBER** special times shared
- Live **ONWARD** for their heroes

For upcoming meetings, visit sjcc.org/heroproject



FOR MORE INFORMATION, CONTACT
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