



## Actively Moving Forward - Young Adult Grief Support



Created by [Actively Moving Forward](#)

Actively Moving Forward, a HealGrief program is a nonprofit organization dedicated to supporting college students grieving the terminal illness or death of a loved one.

With 1 in 3 college students grieving, the organization accomplishes its mission by creating Actively Moving Forward chapters on college campuses nationwide.

AMF connects and empowers these grieving students to support one another and participate in community service in memory of their loved ones. Students are given the tools to cope, and the education to understand that grief is normal; grief is not depression; suicide is never an option; and a healthy grief recovery does exist.

AMF also supports non-collegiate young adults and professionals working with college students and young adults by creating a wealth of virtual information, programming, and community.

[Visit Actively Moving Forward](#)

