



Life has Changed

GRIEF EDUCATION SERIES

Loss of a Partner

This 6-week series is open to anyone who has lost a spouse or significant other and helps participants work through the pain of grief. We also teach effective coping skills. The group is support-based and education-based. The topics are tailored to this specific loss. *Pre-registration is required.*

Loss of a Parent

This 4-week series is open to adults who have lost a parent and are looking for various ways to cope with the responses of this unique grief. Activities include both group-based and individual learning. *Pre-registration is required.*



Holiday Hearts is a special, commemorative program for children and their families who have experienced the loss of a loved one. The goal is to memorialize loved ones, acknowledge personal feelings, and create something symbolic for holiday seasons to take home and serve as a remembrance.



Our six consecutive weeks grief education series is designed for children ages 6 to 12, and their parents and/or guardians, who have suffered a loss from the death of a loved one. *Pre-registration is required.*

Our one-week day camp uses the arts and creative expression to help grieving children cope and connect with their peers who are also dealing with loss. We are assisted by local artists who bring their talents to assist the children with coping skills.



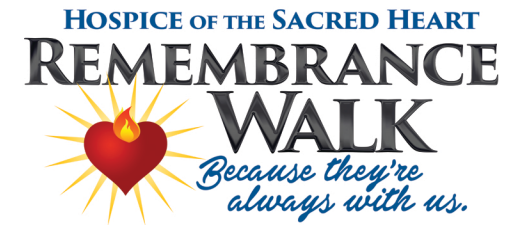
WRITING WORKSHOP

A one-night workshop designed for beginner and advanced writers wishing to explore their thoughts and feelings related to the loss of their loved one through the art of writing. This journal based workshop uses facilitator-provided prompts.

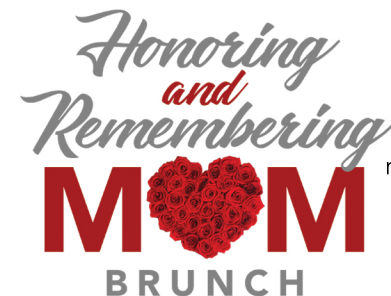


PAINTING WORKSHOP

Participants express their feelings related to grief and loss through the medium of painting on an 11x14 canvas. They take home their art that evening to help serve as a remembrance. No artistic skill is needed and all materials will be provided. *Pre-registration is required.*



Our Remembrance Walk is symbolic of the journey taken when someone we love dies. It is our hope that families and friends will walk together using the time to remember their loved ones, and recognize that wherever they are on their journey through grief, they will always have someone beside them.



Join us for brunch and a presentation to honor and remember all of the mothers who continue to live on in our hearts.



Our twice-yearly memorial service is designed to bring peace and consolation to our grieving family members, and in a tangible manner, to remember, to honor and to celebrate the lives of our patients.

Dates for services and locations to be announced.