

Our Mission

To provide safe and compassionate grief support for young people that inspires individual growth through learning, creative activities and story sharing.



The dragonfly is a symbol of change and the sense of self that only comes with maturity. The dragonfly represents our program because, through appropriate, caring support, young people can transform their grief into a positive opportunity for growth and maturity that they will carry with them throughout their lives.

Hospice of the Sacred Heart Bereavement Program provides support to patients' family members and care givers for one year following their loved one's death.

Memorial services and support group meetings are also included.



**HOSPICE OF THE
SACRED HEART**

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The staff of Hospice of the Sacred Heart is available 24 hours a day, 7 days a week. Please contact us anytime during this life-changing family event.



**DRAGONFLY
PROJECT**

*"A child is old enough to grieve when he is old enough to love."
- Anonymous*

A Grief Support Program for Young People
Adopted with Permission from Example Lutheran Hospice

THE
SACRED
EXPERIENCE

The Dragonfly Project offers a specially designed support group for children and adults.

Our experienced grief facilitators and volunteers are available to help youth over a limited period of time. The centerpiece of our program is a six-week support group series for children ages 6 to 12, and their parents or guardians, who have experienced loss from the death of a loved one.

Our thoughtfully designed curriculum addresses grief, loss and hope by combining outlets to talk about the loss with hands-on activities and games.

Goals for each week's session include:

- *Telling one's story*
- *Exploring death*
- *Identifying and coping with feelings*
- *Exploring unfinished business*
- *Self-care and support*
- *Learning to say goodbye*

Program Benefits of Grief Support for Young People

The Dragonfly Project offers a variety of services and resources to help grieving children and the adults who care for them. Our program is designed to bring awareness that grief is a family process and that a loss impacts the entire family system.

In addition to the six-week program, our support services include:

- *One-on-one session with bereaved child(ren) and family members to discuss individual support needs.*
- *Access to resource materials such as educational literature, brochures, helpful books to read together, etc., as well as information about other community resources for both adults and youth.*
- *A facilitated Treasure Box craft activity that helps children express their grief and memorialize their loved one by creating a memory box. This activity can be individualized for a particular child/family or can be done in a group setting.*

Helping People with Support Surrounding Death, Grief and Loss

Hospice of the Sacred Heart provides end-of-life care and support to the community. Our trained facilitators and volunteers are dedicated to helping both adults and children with their issues of grief and loss. We offer a variety of services that support the bereaved, including a community library, grief support groups for adults, and grief education workshops for the bereaved spouse.

Information for Teachers and Educators

We also offer support services to schools including teacher in-service programs and educational presentations about children and grief. In addition, our six-week support group can be tailored to meet the needs of a class or group impacted by a death loss.

Please call 570.344.9027 for details

