

Spring Service of Remembrance

A time to remember and celebrate the life of your loved one(s), while also recognizing and affirming your life and its possibilities. Children are invited to join and participate in the service. *No pre-registration necessary.*

- **May 4 (Saturday)**
10:00 – 11:00am

Overview of Events

February

- 7 Teen Connections
- 11 Healing Hearts (1)
- 18 Teen Group (1)
- 25 Healing Hearts (2)

March

- 4 Teen Group (2)
- 8 Caring Connections
- 11 Healing Hearts (3)
- 18 Teen Group (3)
- 25 Healing Hearts (4)

April

- 1 Teen Group (4)
- 8 Teen Connections

May

- 4 Service of Remembrance
- 9 Caring Connections
- 21 Family Workshop



Child, Teen & Family Grief Support Groups & Events Winter/Spring 2019

The goal of our child, teen, and family grief offerings is to provide a safe place to explore and express grief in a comfortable, healing way. Our groups and events help participants to learn more about grief and coping while also creating opportunities for grieving children, teens, and families to connect with one another.

Unless otherwise noted, programs are held at
Transitions LifeCare
250 Hospice Circle
Raleigh, NC 27607
919.719.7199

Please call **919.719.7199** to pre-register.

All offerings provided at no cost to participants. Donations are appreciated.

Registration is required for all children's groups and events, unless otherwise noted. Registration is requested two weeks prior to the start of the group/event. We will accommodate late requests when possible.

Please see transitionslifecare.org/griefcare for more information and check our website prior to events for any last minute changes or updates.



Teen Connections (grades 6–12)

A social opportunity exclusively for teens that offers them the chance to connect and have fun with grieving peers who “get” what it’s like to experience a loss. Examples of past activities include movie nights, trampoline parks, and arcade nights. *Events are provided at no cost to participants.*

REGISTRATION REQUIRED

- **February 7 (Thursday)** 6:00 – 8:00pm
Adventure Landing Night
- **April 8 (Monday)** 6:00 – 8:30pm
Movie Night

Teen Group (grades 6–12)

Teen Group is an offering exclusively for teens. These sessions allow teens to connect, learn from, and support each other. Each session is different than the last and may include the use of writing, creative arts activities, and discussion about the impact of grief in their lives. *Attendance at all sessions is encouraged but not required.*

REGISTRATION REQUIRED

(Mondays) 6:00 – 7:30pm

- **February 18:** Understanding Grief
- **March 4:** Telling My Story of Grief
- **March 18:** Healthy Coping
- **April 1:** Staying Connected to My Loved One’s Memory

Healing Hearts (grades K–5)

A children’s grief group to provide education, connection, support, and opportunities for emotional expression through games, therapeutic artwork, and other activities. Each session focuses on a different component of grief and healing.

Attendance at all sessions is encouraged but not required.

REGISTRATION REQUIRED

Mondays 6:00 – 7:30pm

- **February 11:** What in the World is Grief?
- **February 25:** Telling My Story of Grief
- **March 11:** My Grief Journey from Hurt to Healing
- **March 25:** Staying Connected to My Loved One’s Memory

Caring Connections (ages 5–adult)

A social opportunity for grieving children, teens, and their families. These offerings give families a chance to spend quality time together, have fun, and connect with other grieving families that “get” what it’s like to grieve. Examples of past activities include hockey and baseball games, skate nights, and movie nights. *Events provided at no cost for participants.*

REGISTRATION REQUIRED

- **March 8 (Friday)** 7:00 – 10:00pm
Carolina Hurricanes Hockey Game
- **May 9 (Thursday)** 6:00 – 8:00pm
Adventure Landing Family Night

Family Workshop (ages 5–adult) Planting Seeds for Healthy Grieving

A family workshop for children, teens, and their caregiver(s). This will be a celebration of spring and renewal. Participants will be invited to decorate a flowerpot and reflect on ways to care for themselves and each other.

REGISTRATION REQUIRED

- **May 21 (Tuesday)**
6:00 – 8:00pm