



HOSPICE OF THE *Piedmont*

KIDS' GRIEF AND HEALING

SUMMER 2023

Our Kids' Grief and Healing programming provides community and creative healing to youth in need, whether or not a loved one died in hospice care. The journey through grief and loss may be difficult and lonely, especially for children and adolescents who are sometimes forgotten grievers. They need a safe place to express the sadness, anger, and fear related to loss—thereby developing important coping skills. Through our Journeys camps, Oasis teen groups, and other creative expression programs, we help young people (4-18) forge connections with others, understand grief, and find that they are not alone.

HOW KIDS' GRIEF AND HEALING HELPS CHILDREN, TEENS, AND FAMILIES

- Provides individual and group grief support for children and teens facilitated by bereavement counselors.
- Offers camps and family events several times a year, including support for parents/guardians.
- Uses a variety of creative methods to help children and teens express their feelings, remember their person, and build coping skills.



See reverse for upcoming events.

JOURNEYS SUMMER GRIEF CAMP

Saturday, May 27th
10:00am–5:00pm
Verdun Adventure Bound

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend this full-day camp that will include art making, nature exploration, s'mores, bonfire memorial, and a team-building experience that will include low and high ropes challenges. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

JOURNEYS FALL GRIEF CAMP

Saturday, October 14th
9:30am–4:30pm
Location TBD

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend this full-day camp that will be hosted by Living Earth School in a beautiful natural setting. Children and teens will be involved in nature-focused and expressive activities to promote grief healing. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

KIDS GRIEF FAMILY NIGHT

Thursday, June 8th
5:30–7:00pm (In-Person)
HOP's Charlottesville & Culpeper Offices

Theme: Remembering Together

Families of all kinds are invited to come together and honor their loved ones who have passed away by creating unique art projects. Please bring a photo to introduce your special person.

While kids are busy with their art, adults can join a support group to share their experiences and find comfort in connecting with others. Plus, we'll keep everyone fueled with some delicious pizza! All families with children ages 5 to 18 are welcome.

OASIS TEENS ON ZOOM

Tuesday, May 16th
Tuesday, June 20th
5:30–6:30pm on Zoom

Teens who know what it is like to experience the death of someone they love are invited to this monthly gathering. Oasis meets over Zoom for discussion, art, and support. We will connect with each other, do expressive activities, and share our joys and concerns. Unique grief topics will be explored, and each teen will find that they are not alone. Groups facilitated by board-certified, registered art therapists. Ages 13-17 welcome!

Individual art therapy sessions and school groups are available upon request.



Pre-registration is required
for all groups and camps.
Please call [434-817-6915](tel:434-817-6915)
or email kidsgrief@hopva.org