



HOSPICE OF THE *Piedmont*

KIDS' GRIEF AND HEALING

FALL 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.



The Kids' Grief and Healing program is made possible thanks to generous community philanthropy.

See reverse for upcoming events.

www.hopva.org/kids | 434-817-6915 or 800-975-5501

JOURNEYS FALL GRIEF CAMP

*Saturday, October 14th
9:30am–4:30pm
Millington Stables in Free Union*

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.

JOURNEYS WINTER GRIEF CAMP

*Saturday, November 4th
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.

**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**
or email kidsgrief@hopva.org

OASIS GRIEF SUPPORT FOR TEENS

*Tuesday, September 19th
Tuesday, October 17th
Tuesday, November 21st
Tuesday, December 19th*

*5:30–7:00pm (In-Person)
HOP's Charlottesville & Culpeper Offices
(To participate via Zoom, please contact us)*

Teens who know what it is like to experience the death of someone they love are invited to this monthly gathering. Oasis meets in person 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 Master's Level Counselors. Ages 13-17 welcome!

KIDS GRIEF FAMILY WORKSHOP

*Thursday, September 14th
Thursday, November 9th
Thursday, December 14th*

*5:30–7:00pm (In-Person)
HOP's Charlottesville & Culpeper Offices*

Families of all kinds are invited to come together and honor their loved ones who have passed away by creating unique art projects.

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.