HOSPICE OF THE Piedmont

KIDS' GRIEF AND HEALING

2026

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 GRIEF CAMPS

2027 Upcoming Dates:

Winter Camp - location and date, TBD

Spring Camp
Saturday, April 24th
9:00am–4:00pm
Triple C

Summer Camp
Date to be announced
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 our full-day camps. All camps include activities like art therapy, music making, nature exploration, team-building, remembering loved ones, and enjoying s'mores. 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

KIDS GRIEF FAMILY WORKSHOP

Second Thursday of the Month

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.

OASIS GRIEF SUPPORT FOR TEENS

Third Tuesday of the Month
5:30–7:00pm (In-Person)

HOP's Charlottesville & Culpeper Offices
(Contact us to participate via Zoom)

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, 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!

Wishlist amazon

Make an impact and support the ongoing supply needs of our Kids' Grief and Healing program! We have created an Amazon Wish List for items that will be used in our projects. Click the QR for details. We are grateful for your support!