HOSPICE OF THE Piedmont

KIDS' GRIEF AND HEALING

2027

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
Saturday, January 30th
10:00am-3:00pm
Rockfish Valley Community Center

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!

JOURNEYS GRIEF CAMPS

Saturday, February 22nd
10:00am–3:00pm
Old Trinity Church at the Dairy Market
(Charlottesville)

Saturday, April 19th
8:45am–4:30pm
Triple C Camp
(near Charlottesville)

Saturday, May 31st
10:00am–5:00pm
Verdun Adventure Bound
(near Culpeper)

Saturday, October 18th
9:30am–4:30pm
Millington Stables in Free Union
(near Charlottesville)

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.

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Pre-registration is required for all groups and camps.
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JOURNEYS GRIEF CAMPS

Saturday, February 22nd
10:00am–3:00pm
Old Trinity Church at the Dairy Market
(Charlottesville)

Saturday, April 19th
8:45am–4:30pm
Triple C Camp
(near Charlottesville)

Saturday, May 31st
10:00am–5:00pm
Verdun Adventure Bound
(near Culpeper)

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HOP's Charlottesville & Culpeper Offices
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JOURNEYS GRIEF CAMPS

Saturday, April 19th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

Saturday, May 31st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeper)

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WEEKLY KIDS & FAMILY GRIEF SUPPORT SERIES

Thursdays from 5:30pm–7:00pm
November 7th to December 19th
**No Meeting on November 28th*

Held In-Person at HOP's
Charlottesville & Culpeper Offices

Join us for a special weekly version of our Kids Grief Family Workshop. This weekly gathering provides an opportunity for families to build relationships with other families experiencing loss.

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Please call 434-817-6915
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HOSPICE OF THE Piedmont

KIDS' GRIEF AND HEALING

SUMMER 2024

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See reverse for upcoming events.

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

JOURNEYS GRIEF CAMPS

WILDERNESS CAMP
Saturday, October 12th
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 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.

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KIDS GRIEF FAMILY WORKSHOP

Second Thursday of the Month

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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)

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JOURNEYS GRIEF CAMPS

ADVENTURE CAMP
Saturday, June 1st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeper)

WILDERNESS CAMP
Saturday, October 12th
9:30am–4:30pm
Millington Stables in Free Union

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JOURNEYS GRIEF CAMPS

Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

Saturday, June 1st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeper)

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.

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WEEKLY KIDS & FAMILY GRIEF SUPPORT SERIES

Thursdays from 5:30pm–7:00pm
February 8th to March 14th

Held In-Person at HOP's
Charlottesville & Culpeper Offices

Join us for a special weekly version of our Kids Grief Family Workshop. This weekly gathering provides an opportunity for families to build relationships with other families experiencing loss.

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

Pre-registration is required for all groups and camps.
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JOURNEYS GRIEF CAMPS

Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

Saturday, June 1st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

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.

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Second Thursday of the Month

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February 8th to March 14th

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Charlottesville & Culpeper Offices

Join us for a special weekly version of our Kids Greif Family Workshop. This weekly gathering provides an opportunity for families to build relationships with other families experiencing loss.

JOURNEYS WINTER WORKSHOP

Saturday, December 9th
11:00am–1:00pm

HOP's Culpeper Office (1200 Sunset Lane)

Connect with other bereaved families during the holidays to remember your loved ones who have passed. Enjoy lunch, coffee, and hot chocolate while creating a special memorial with peers who have also experienced loss.

Pre-registration is required
for all groups and camps.
Please call 434-817-6915
or email kidsgrief@hopva.org

JOURNEYS GRIEF CAMPS

Saturday, November 4th
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

Saturday, June 1st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

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.

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KIDS GRIEF FAMILY WORKSHOP

Second Tuesday of the Month
Begins November 9th

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.

WEEKLY KIDS & FAMILY GRIEF SUPPORT SERIES

Tuesdays from 5:30pm–7:00pm
February 8th to March 14th

Held In-Person at HOP's
Charlottesville & Culpeper Offices

Join us for a special weekly version of our Kids Greif Family Workshop. This weekly gathering provides an opportunity for families to build relationships with other families experiencing loss.

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Saturday, November 4th
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

Saturday, June 1st
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

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.

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JOURNEYS WINTER GRIEF CAMP

Saturday, November 4th
10:00am–5:00pm
Verdun Adventure Bound (near Culpeler)

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 SPRING GRIEF CAMP

Saturday, April 20th
8:45am–4:30pm
Triple C Camp (near Charlottesville)

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 drumming, music, art making, nature exploration, a challenge course, pet therapy, and a candle-light memorial. 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.

OASIS GRIEF SUPPORT FOR TEENS

Tuesday, November 21st
Tuesday, December 19th
Tuesday, January 16th
Tuesday, February 20th

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

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KIDS GRIEF FAMILY WORKSHOP

Thursday, December 14th
Thursday, January 11th
Thursday, February 8th

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.

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