

# Chrysalis



## *A group for grieving teens (grades 6-12)*

Join us for our monthly teens-only gathering. Each session is different and may include a social outing or activity (e.g. art, music, movies, & games) with a chance for teens to connect, learn from and support each other. Substantial snacks provided. Located at Transitions GriefCare (250 Hospice Circle, Raleigh, NC 27607) unless otherwise specified.

## *Wednesdays from 6-8pm*

*January 6: Bowling Night (Location TBD)*

*February 3: Building your Grief World – 3D Modeling*

*March 2: “Finding Our Words” Lyrics and Poetry Café*

*April 6: Creating a “comfort collage”*

*May 4: Movie Night*

*June 1: “Finding Our Rhythm” Drum Circle*

*July 6: Healing through Nature: Hiking (Alternate Time/Location TBD)*

*August 3: Expressive Arts with Alcohol Ink*

**Pre-registration is required one week prior to event.** For more info or to sign up, contact Transitions GriefCare at (919) 719-7199 or email [jkreimer@transitionslifecare.org](mailto:jkreimer@transitionslifecare.org) or [ksutton@transitionslifecare.org](mailto:ksutton@transitionslifecare.org)

