



# Healing Hearts Series Spring 2016

**Mondays, Feb. 15 through March 28**

**6-7:30pm**

For grieving children (ages 5-12)



In this series, grieving children (ages 5-12) will have an opportunity to connect with each other, express their unique grief experience and heal. Each session will focus on a different area of grief and healing, using expressive arts, games, information on grief and coping, and group activities. No artistic skill or talent needed!  
*Children may attend all of the sessions or only those that are of interest.*  
Snacks will be offered from 5:45-6pm.

## Healing Hearts session topics include:

**Mon, February 15: “What in the world is grief?”**

**Mon, February 29: Telling My Story of Grief**

**Mon, March 14: My Grief Journey from Hurt to Healing**

**Mon, March 28: Staying Connected to My Loved One’s Memory**

*(\*\*For March 28<sup>th</sup> participants are invited to bring a photo or special item about their deceased loved one)*

### **Pre-registration is required.**

To attend, call Transitions GriefCare at 919-719-7199 or contact:

Jennifer Kreimer at [jkreimer@transitionslifecare.org](mailto:jkreimer@transitionslifecare.org) or

Kate Sutton at [ksutton@transitionslifecare.org](mailto:ksutton@transitionslifecare.org)

**Registration deadline is the Wednesday prior to each session.**

