

### Service of Remembrance and Renewal (family)

A time to remember and celebrate the life of your loved one(s), while also recognizing and affirming your life and its possibilities. Children are invited to join and participate in the service.

- **April 9 (Saturday)**  
10:00 – 11:00am  
NO PRE-REGISTRATION REQUIRED

### Families Grieving Together: Exploring Memories through Creating Shadowboxes (ages 7–adult)

A family workshop for children, teens and their parent(s)/guardian(s). Using photos, stickers, magazine clippings, and other arts materials, participants will create a three-dimensional shadowbox to tell the story of their loved one's life and legacy, as well as connect with others who have experienced similar losses. All participants will create their own shadowbox.

- **August 20 (Saturday)**  
9:30am – 12:30pm

Please call **919.719.7199** to pre-register.

Pre-registration is required for all children's groups and events, unless otherwise noted. Registration is requested two weeks prior to the start of the group/event. We will accommodate late requests when possible.

The schedule is subject to change.

We encourage you to check our website prior to the event at [transitionslifecare.org/griefcare](http://transitionslifecare.org/griefcare) for any last minute changes or updates.

While there is no charge for our services, we do depend on the generosity of our community.

Go to [transitionslifecare.org/donate](http://transitionslifecare.org/donate) to make a contribution.

### Event Calendar

#### January

6 – Chrysalis Teen Group  
12 – Parent Group

#### February

3 – Chrysalis Teen Group  
9 – Parent Group  
15 – Healing Hearts Children's Group  
29 – Healing Hearts Children's Group

#### March

2 – Chrysalis Teen Group  
8 – Parent Group  
14 – Healing Hearts Children's Group  
22 – Caring Connections family night  
28 – Healing Hearts Children's Group

#### April

6 – Chrysalis Teen Group  
12 – Parent Group  
7 – Sibling Loss Workshop  
9 – Service of Remembrance and Renewal  
21 – Sibling Loss Workshop

#### May

4 – Chrysalis Teen Group  
5 – Sibling Loss Workshop  
14 – Camp Reflections

#### June

1 – Chrysalis Teen Group  
21 – Caring Connections family night

#### July

6 – Chrysalis Teen Group

#### August

3 – Chrysalis Teen Group  
20 – Shadowbox Workshop for families



## Children & Teens Grief Support Groups & Events Winter & Spring 2016

The goal of our children and teen grief groups and events is to provide a safe place for children, teens, and families to explore and express their grief in a manner that is comfortable and healing in nature. Our groups and events offer opportunities for children, teens, and families to connect with other people who 'get it,' reducing feelings of isolation and feeling different.

Unless otherwise noted, all programs are held on the Transitions LifeCare campus, 250 Hospice Circle, Raleigh, NC 27607, 919.719.7199.



### Healing Hearts Series (ages 5–12)

Children's grief group aimed at providing education, support, and opportunities for emotional expression through games, therapeutic artwork, and other media. Each session focuses on a different component of grief and healing.

Mondays, 6:00 – 7:30pm

- **February 15**  
"What in the World is Grief?"
- **February 29**  
Telling "My Story" of Grief
- **March 14**  
My Grief Journey From Hurt to Healing
- **March 28**  
Staying Connected to My Loved One's Memory

Attendance at all sessions is encouraged but not required.

### Chrysalis (Teen Group, grades 6–12)

An offering exclusively for teens. These sessions allow teens to connect, learn from and support each other. Each session is different than the last and may include social outings, use of writing and creative arts activities (no artistic skill needed), and discussion about the impact of grief in their lives.

Wednesdays, 6:00 – 8:00pm

- **January 6, February 3, March 2, April 6, May 4, June 1, July 6, August 3**

### Caring Connections Night (family)

A social opportunity for grieving children, teens and their families. These offerings seek to give families a chance to spend quality time together, have fun, and connect with other grieving families that "get" what it's like to grieve. Examples of past activities include hockey and baseball games, skate nights, and movie nights.

- **March 22 (Tuesday)**  
6:00– 8:00pm (location tbd)
- **June 21 (Tuesday)**  
6:00– 8:00pm (location tbd)

Check our website or with children's counselors for more details about these offerings.

### Sibling Loss Workshop (ages 5–14)

A psychoeducational workshop series specifically for children who have experienced the death of a sibling. Offers children a time to connect with others, talk about their loss, and learn more about the unique grief feelings/reactions that come with the death of a sibling. Children will be divided into groups by age, as appropriate.

Thursdays, 6:00 – 8:00pm

- **April 7, April 21, May 5**

### Camp Reflections (ages 5–14 and family)

Camp Reflections is a Saturday day camp for grieving children and adolescents in elementary and middle school. It will include activities such as using music, expressive arts, and therapeutic games to express grief reactions. Grief-related activities are conducted in small and large group settings and are led by trained facilitators. A component is offered for parents/guardians to learn more about supporting children in grief and to explore their own grief reactions.

- **May 14 (Saturday)**  
9:00am – 5:00pm  
Lake Wheeler Park  
6404 Lake Wheeler Rd., Raleigh, NC 27603

PRE-REGISTRATION REQUIRED (two weeks prior to Camp)

### Parent Group – "What about the Kids?"

A series of grief education workshops for parents and caregivers of grieving children to learn more about childhood grief, discover parenting strategies specific to child grief reactions, and connect with other parents. Childcare for children ages 5 and up provided upon request. Pre-registration required two weeks in advance if childcare needed.

Tuesdays, 6:00 – 8:00pm

- **January 12**  
Is That Normal? –Understanding normal grief reactions in kids/teens.
- **February 9**  
Limit setting with Grieving Kids/Teens –Learn how to set limits with your grieving child. Session will include opportunities to practice limit setting.
- **March 8**  
Self-care? Who's got time for that? –Discussion of strategies for taking care of yourself (and taking care of your kids). Session will incorporate experiential relaxation strategies.
- **April 12**  
Sleep Strategies: What's normal, what's not, and how to get the kids to bed –Information about grief's impact on sleep and how to help kids feel safe, comfortable, and find a bedtime routine while grieving.

Topics may vary to include additional issues brought to the group each evening. You are invited to attend Camp Reflections parent workshop on May 14 for additional parent/caregiver support. See prior listing for details.