



# Chrysalis

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

*Thursdays from 6-8pm*

Chrysalis is our teens-only gatherings for an opportunity to connect, learn from, and find/give support to other grieving teens.

Located at Transitions GriefCare 250 Hospice Circle, Raleigh, NC 27607



## **October 6<sup>th</sup> Sky Zone Trampoline Park**

Come for some jumping fun at Sky Zone's indoor trampoline park in Raleigh. Light snacks provided. Details about location will be provided when registering or inquiring for more information.

## **December 1<sup>st</sup> Sharing Memories through Food**



Join us for a time to share a meal and memories that connect us to our loved ones. Please bring a food to share that reminds you of your loved one(s).

**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 [lhillen@transitionslifecare.org](mailto:lhillen@transitionslifecare.org)



Transitions GriefCare, 250 Hospice Circle, Raleigh, NC 27607 | (919) 719-7199 | [www.transitionslifecare.org/grief](http://www.transitionslifecare.org/grief)