



## Healing Hearts Series Fall 2015

**Monday evenings, Oct. 12 through Nov. 23**

**6-7:30pm**

**For grieving children (ages 5-12)**

In this series, grieving children (ages 5-12) will have an opportunity to connect each other to express and heal in their grief in unique ways. Each session will focus on a different area of grief and healing and will incorporate 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, Oct. 12: "Grief? What in the world is that?"**

**Mon, Oct. 26: Telling My Story of Grief**

**Mon, Nov. 9: My Grief Journey: From Hurt to Healing**

**Mon, Nov. 23: Staying Connected to My Loved One's Memory**

(\* 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.**

