

A Night of Remembrance

Your family is invited to help us light up the night with love as we line our campus walkways with luminaries dedicated to those you wish to remember.

RSVP with the time you plan to attend at www.transitionslifecare.org/NOR.

- **December 6 (Tuesday)**

First Session

5:30pm Campus opens to walk the pathways

6:00pm Brief community service

OR

Second Session

7:00pm Campus opens to walk the pathways

7:30pm Brief community service

September

30 Caring Connections

October

6 Chrysalis Teen Group

10 Healing Hearts Children's Group

24 Healing Hearts Children's Group

November

1 Suicide Loss Group

7 Healing Hearts Children's Group

15 Parenting Workshop

21 Healing Hearts Children's Group

December

1 Chrysalis Teen Group

6 A Night of Remembrance

12 Caring Connections Night

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

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.



Children & Teens Grief Support Groups & Events **Fall/Winter 2016**

The goal of our child and teen grief services 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. Our groups and events offer opportunities to learn more about grief and coping and connect with grieving peers to help reduce isolation and find hope.

All events are held at Transitions GriefCare (250 Hospice Circle, Raleigh, NC 27607) unless otherwise noted.

Please see www.transitionslifecare.org/grief for more information and check our website prior to events for any last minute changes or updates.



Caring Connections Night (ages 5–adult)

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.

- **September 30 (Friday)** 6:00 – 8:00pm
Tie Dye and Games
- **December 12 (Monday)** 6:00 – 8:00pm
Family Holiday Workshop

Chrysalis (Teen Group – grade 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.

- **October 6 (Thursday)** 6:00 – 8:00pm
Sky Zone Trampoline Park
- **December 1 (Thursday)** 6:00 – 8:00pm
Sharing Memories Through Food

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

- **October 10**
“What in the World is Grief?”
- **October 24**
Telling “My Story” of Grief
- **November 7**
My Grief Journey From Hurt to Healing
- **November 21**
Staying Connected to My Loved One’s Memory
Attendance at all sessions is encouraged but not required.

Suicide Loss Group (ages 5-17)

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

- **November 1 (Tuesday)**
6:00 – 8:00pm

Parenting Workshop “Helping Kids Through the Holidays”

A grief education workshop for parents and caregivers of grieving children to learn more about how to support children during holidays and other special days as well as connect with other parents. Childcare for children ages five and up provided upon request. Pre-registration required two weeks in advance if childcare needed.

- **November 15 (Tuesday)**
6:30 – 8:30pm