



All Care Hospice Bereavement Program

2018 Autumn/Winter Grief Support Offerings

WORKSHOPS:

HeART Space:

A monthly workshop exploring the creative process in coping with life after loss

Friday, Sept. 21st (1-3 pm)

Thursday, Oct. 18th (6-8 pm)

Thursday, Nov. 29th (6-8 pm)

Friday, Dec. 21st (1-3 pm)

RSVP the week prior

Open Hearts Gathering:

A quarterly workshop for widow & widowers that have completed a support group

Thursday, October 11th

6-8 pm | RSVP by October 5th

SUPPORT GROUPS:

Finding Your Way:

A four-week support group for the death of a parent(s), parental figure &/or guardian

Tuesdays, Sept. 11th – Oct. 2nd

6-7:30 pm | RSVP by September 10th

Connecting and Coping:

An eight-week support group for the loss of a spouse/ life partner

Thursdays, Sept. 13th – Nov. 1st

1-2:30 pm | RSVP by September 10th

SPECIAL EVENT:

In collaboration with **The Children's Room** we invite you to join us for...

Creating Family Rituals:

Memory Boxes

This workshop is for families with children that have experienced a significant loss through death.

Children and their adult family members are invited to attend this special one-time workshop for support, expression, connection and fun!

Thursday, October 25th

6-8 pm | RSVP by October 18th

Intake completed during RSVP

SEASONAL WORKSHOPS:

Lighting The Way:

A one-time workshop to help navigate the holiday season

Thursday, Nov. 15th | 6-8 pm

RSVP by Nov 9th

Thursday, Dec. 6th | 1-3 pm

RSVP by Nov 29th

SAVE THE DATE:

Lights of Remembrance Service

12/12/2018 at 6 pm

Reception and refreshments to follow ceremony and lighting

All grief support events are free and open to the community.

Pre-registration is required for participation and event location will be provided during intake.

Most programs occur at the **All Care Center for Grief and Loss in Lynn, MA** unless otherwise indicated. Please call Bereavement Coordinator, Liz Cumming, ATR, LMHC at **781-244-1198** with all inquiries and/ or to register. Further descriptions of our programs can be found on our website at <http://www.allcare.org/hospice/grief-loss-services>.