



# All Care Hospice Bereavement Program

## 2019 Grief Support Offerings

### **SUPPORT GROUP:**

#### **Connecting and Coping:**

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

**Thursdays, March 7<sup>th</sup> – May 2<sup>nd</sup>**

*Skip April 18<sup>th</sup> and a weather cancellation could extend group to May 9<sup>th</sup>*

2-3:30 pm

**RSVP by February 28<sup>th</sup>**

### **WORKSHOPS:**

#### **HeART Space:**

This monthly workshop explores the creative process and the ways it can support and enhance life after loss. This program is for individuals that have already completed an 8-week support group. Exceptions may apply. Each workshop will be facilitated by a Registered Art Therapist.

NO prior skill, experience or interest in art needed, but a phone intake is required to participate.

**Thursday, January 17<sup>th</sup> (6-8 pm)**

**Friday, February 15<sup>th</sup> (1-3 pm)**

**Thursday, March 14<sup>th</sup> (6-8 pm)**

**Friday, April 26<sup>th</sup> (1-3 pm)**

**Thursday, May 16<sup>th</sup> (6-8 pm)**

#### **Open Hearts Gathering:**

A quarterly workshop for individuals that have completed a loss of spouse/partner support group, but would like to continue contact with individuals that understand.

**Thursday, January 24<sup>th</sup>**

*(Snow Date: Jan 31<sup>st</sup>)*

**6-8 pm**

**RSVP by January 14<sup>th</sup>**

**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>.