



All Care Hospice Bereavement Program 2019 Spring Grief Support Offerings

SUPPORT GROUPS:

Connecting and Coping:

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

Thursdays, March 7th - May 2nd

We will skip April 18th

2-3:30 pm

RSVP by February 28th

Finding Your Way:

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

Thursdays, May 2nd - June 6th

We will meet on Wednesday, May 15th instead of Thursday, May 16th

6-7:30 pm

RSVP by April 23rd

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 an intake is required to participate.

Friday, February 15th (1-3 pm)

Thursday, March 14th (6-8 pm)

Friday, April 26th (1-3 pm)

Thursday, May 16th (6-8 pm)

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>.