



All Care Hospice Bereavement Program 2019 Summer Grief Support Offerings

WELLNESS WORKSHOPS:

Befriending Me:

An introduction to self-compassion and how to practice while mourning

Thursday, June 20th * 10 am-Noon
RSVP by June 10th

Present and Loving:

An introduction to mindfulness and how to practice while mourning

Friday, June 28th * 10 am-Noon
RSVP by June 17th

Activating Wellness:

An introduction to the power of movement and how to practice while mourning

Friday, August 2nd * 10 am-Noon
RSVP by July 22nd

SAVE THE DATE:

Service of Remembrance

Wednesday, July 10th

6 pm

RSVP by July 1st

EDUCATIONAL WORKSHOP:

Navigating Grief:

An educational workshop for mourners to learn about grief and resiliency

Tuesday, June 11th * 10 am-Noon
RSVP by June 4th

MONTHLY WORKSHOP:

HeARTSpace:

This monthly workshop explores the creative process and the ways it can support 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 experience or interest in art needed, but an intake is required to participate.

3rd Friday of the month:

May 17th, June 21st, July 19th & August 16th

1:00 - 3:00 pm

RSVP process provided during intake

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>.