



# HOSPICE OF THE *Piedmont*

## KIDS' GRIEF AND HEALING

SPRING 2023

*Our Kids' Grief and Healing programming provides community and creative healing to youth in need, whether or not a loved one died in hospice care. The journey through grief and loss may be difficult and lonely, especially for children and adolescents who are sometimes forgotten grievers. They need a safe place to express the sadness, anger, and fear related to loss—thereby developing important coping skills. Through our Journeys camps, Oasis teen groups, and other creative expression programs, we help young people (4-18) forge connections with others, understand grief, and find that they are not alone.*

## HOW KIDS' GRIEF AND HEALING HELPS CHILDREN, TEENS, AND FAMILIES

- Provides individual and group grief support for children and teens facilitated by bereavement counselors.
- Offers camps and family events several times a year, including support for parents/guardians.
- Uses a variety of creative methods to help children and teens express their feelings, remember their person, and build coping skills.



*See reverse for upcoming events.*

## JOURNEYS SPRING GRIEF CAMP

*Saturday, April 29th  
8:45am–4:30pm  
Triple C Camp*

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend this full-day camp that will include drumming, music, art making, nature exploration, a challenge course, pet therapy, and a candle-light memorial. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

## JOURNEYS SUMMER GRIEF CAMP

*Saturday, May 27th  
10:00am–5:00pm  
Verdun Adventure Bound*

Children and teens ages 5-17 (18 if still in high school) who have lost a person close to them are invited to attend this full-day camp that will include art making, nature exploration, s'mores, bonfire memorial, and a team-building experience that will include low and high ropes challenges. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

## S'MORE JOURNEYS CAMP @HOME

*Thursday, February 9th  
Thursday, March 9th  
5:30–6:30pm on Zoom*

Join Journeys families for activity time with special guest presenters and Journeys art therapists. Families will be encouraged to remember loved ones, express feelings, learn coping skills, and have fun together.

Attendees will receive Camp@Home materials, create art projects to share, enjoy s'mores with a virtual campfire, make music, remember their loved ones, and more. Ages 4-12 welcome!

## OASIS TEENS ON ZOOM

*Third Tuesday of Every Month  
5:30–6:30pm on Zoom*

Teens who know what it is like to experience the death of someone they love are invited to this monthly gathering. Oasis meets over Zoom for discussion, art, and support. We will connect with each other, do expressive activities, and share our joys and concerns. Unique grief topics will be explored, and each teen will find that they are not alone. Groups facilitated by board-certified, registered art therapists. Ages 13-17 welcome!

**Individual art therapy sessions and school groups are available upon request.**



Pre-registration is required  
for all groups and camps.  
Please call **434-817-6915**  
or email [kidsgrrief@hopva.org](mailto:kidsgrrief@hopva.org)