



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 grief, anger, and fear related to loss—thereby developing important coping skills. Through Journeys, children and teens discover that they are not alone and that their feelings are normal.

How Journeys Helps Children and Their Families:

- Provides individual and group grief support facilitated by expressive art therapists.
- Offers camps and family events several times a year.
- Uses a variety of creative methods to help children and teens express their feelings; remember their loved one and build coping skills.



Journeys program services are offered throughout Hospice of the Piedmont eleven-county service area and are available to young people ages 5 to 18 and their family members, whether or not a loved one died in hospice care. All bereavement services are offered at no charge, thanks to the generosity of the community. Please contact us for more information about Journeys or to register for any of our programs.

www.hopva.org 434.817.6915 OR 800.975.5501

**SEE REVERSE FOR
UPCOMING
EVENTS**

S'More Journeys Camp@Home via Zoom

Join Journeys families and us for family time with special guest presenters. Families will be encouraged to spend time remembering loved ones and having fun together during the winter time.

Highlights include receiving a Camp@Home package, creating an art project to share, enjoying s'mores with a campfire, making music and song writing, joining in activities, remembering with a memorial ceremony, and more. **Ages 4-12 welcome!**



- **January 13, 2022 @ 5:30pm – Scavenger Hunt and Memorial Luminary** ★
- **February 10 - Healing Hearts Workshop** ♥
- **March 10 - Special Guest** ☀



OASIS Teen Group on Zoom

Teens will gather on screen with peers who know what it is like to experience the death of someone they love. Oasis will meet once per month on Tuesdays at 5:00 pm over Zoom for discussion, art and support. We will connect with each other, do expressive activities, share our joys and concerns, and enjoy treats each week. Unique grief topics will be explored, and each teen will receive a box of materials. Groups facilitated by board certified, registered art therapists.

Please call to register for next meeting date.

Ages 13-17 welcome!

Winter 2021 - 2022

SCHEDULE

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Individual art therapy sessions and school groups available as needed.



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Pre-registration required for all groups. Please call 434-817-6915 or email- journeys@hopva.org