

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.



Center for Children services are offered throughout Hospice of the Piedmont eleven-county service area and are available to young people ages 4 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 or to register for any of our programs.



SEE REVERSE FOR UPCOMING EVENTS



OASIS 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 Tuesdays at 5 p.m. 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.

5 p.m. on Zoom
Tuesday, May 17
Tuesday, June 21
Ages 13-17 welcome!

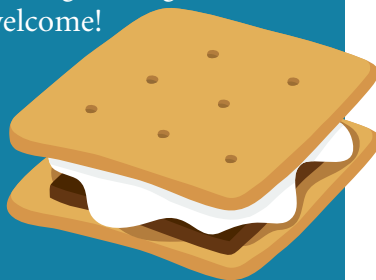


S'MORE JOURNEYS CAMP@HOME VIA ZOOM

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.

Highlights include receiving Camp@Home materials, creating art projects to share, enjoying s'mores with a virtual campfire, making music and song writing, remembering and more. Ages 4-12 welcome!

5:30 p.m. on Zoom
Thursday, May 12
Thursday, June 9



JOURNEYS FALL BEREAVEMENT CAMP

Saturday, OCTOBER 8
Time - TBD
Location - TBD

Children ages 5-17 who have lost a person close to them are invited to attend this full-day outdoor camp. The camp will be hosted by Living Earth School in a beautiful natural setting. Children and teens will be involved in nature-focused and expressive activities to promote grief healing. Campers will have fun, see that they are not alone, and understand that their feelings of grief are normal.

Register by calling 434-817-6915 or contacting journeys@hopva.org.

Individual art therapy sessions and school groups available as needed.



Pre-registration required for all programs.
Please call 434-817-6915 or email
journeys@hopv



Journeys
healing grieving hearts