

Parenting Workshop

Helping Kids Through the Holidays

A grief education workshop for parents and caregivers of grieving children to learn more about how to support children during holidays and other special days as well as connect with other parents.

Childcare for children ages 5 and up provided upon request. Registration required two weeks in advance for childcare.

REGISTRATION REQUIRED

November 9 (Thursday)

6:00 – 8:30pm

Night of Remembrance

Join us on the campus of Ravenscroft School as we light luminaries in remembrance and celebration of those we love.

Please register online at transitionslifecare.org/NOR

December 12 (Tuesday) at Ravenscroft School

6:30 – 8:30pm

Jones Fine Arts Building, Ravenscroft School
7409 Falls of Neuse Road
Raleigh, NC 27615

Overview of Events

September

- 14 Suicide Loss Group
- 22 Caring Connections
- 25 Healing Hearts Series

October

- 5 Teen Connections
- 9 Healing Hearts Series
- 23 Healing Hearts Series

November

- 6 Healing Hearts Series
- 7 Teen Group #1
- 9 Parenting Workshop
- 14 Teen Group #2
- 21 Teen Group #3
- 30 Teen Connections

December

- 5 Caring Connections
- 12 Night of Remembrance

Please call **919.719.7199** to register for our programs.

This schedule is subject to change.

We encourage you to check our website prior to the event at transitionslifecare.org/griefcare.

250 Hospice Circle, Raleigh, NC • transitionslifecare.org/griefcare

07/21 1000



Fall 2017

Child & Teen Grief Support Groups & Events

The goal of our child and teen grief offerings is to provide a safe place for children, teens, and families to explore and express grief in a comfortable, healing way. Our groups and events give opportunities to learn more about grief and coping, connect with grieving peers to reduce isolation, and find hope.

Registration is required for all support groups and workshops.

Unless otherwise noted, programs are held at
Transitions LifeCare
250 Hospice Circle
Raleigh, NC 27607
919.719.7199



Suicide Loss Group (ages 5–17)

A support group specifically for children who have experienced the death of a loved one by suicide. Offers a time to connect with others, talk about their loss, and learn more about the unique grief feelings/reactions that come with a suicide death. Participants will be divided into groups by age as appropriate.

REGISTRATION REQUIRED

September 14 (Thursday)

6:00 – 8:00pm

Caring Connections (ages 5–adult)

A social opportunity for grieving children, teens, and their families. These offerings give families a chance to spend quality time together, have fun, and connect with other grieving families that get what it's like to grieve. Examples of past activities include hockey and baseball games, skate nights, and movie nights.

REGISTRATION REQUIRED

September 22 (Friday), 6:00 – 8:30pm

Family Movie Night

December 5 (Tuesday), 6:00 – 8:00pm

Bowling Night

Healing Hearts Series (ages 5–12)

A children's grief group to provide education, support, and opportunities for emotional expression through games, therapeutic artwork, and other media. Each session focuses on a different component of grief and healing.

Attendance at all sessions is encouraged but not required.

REGISTRATION REQUIRED

Mondays

6:00 – 7:30pm

- **September 25:** What in the World is Grief?
- **October 9:** Telling "My Story" of Grief
- **October 23:** My Grief Journey from Hurt to Healing
- **November 6:** Staying Connected to My Loved One's Memory

Teen Connections (grades 6–12)

A social opportunity exclusively for teens to connect with grieving peers.

REGISTRATION REQUIRED

October 5 (Thursday), 6:00 – 8:00pm

Sky Zone Trampoline Park

November 30 (Thursday), 6:00 – 8:00pm

Sharing Memories Through Food

Teen Group (grades 6–12)

Teen Group is a three-week series for grieving middle and high schoolers. This group offers time to learn about the ups and downs of grief, meet new friends, and share with peers who get what it's like to experience the death of a loved one. Each session will focus on a different topic.

Participation is required at all sessions.

REGISTRATION REQUIRED BY OCT. 31

November 7, 14, and 21 (Tuesdays)

6:00 – 7:30pm