



HOLIDAY Hope

December 10, 2016

9:00 a.m. - 1:00 p.m.

Lincoln Children's Museum
1420 P Street | Lincoln, NE



"Holiday Hope" Youth Support

Mourning Hope, in partnership with Lincoln's Children Museum, invites you to attend "Holiday Hope," a program intended to support grieving youth through the holidays.

From 9 a.m. - 12 p.m. on Saturday, December 10, 2016, there will be two holiday memory workshops offered to bereaved children and teens ages 6-12 and 13-18. A **catered lunch** for youth and caregivers will follow the workshop session from 12 - 1 p.m.

In order to **foster emotional healing and encourage individual creativity**, the "Holiday Hope" youth support program will partner skilled, local artists with youth who have experienced the death of someone significant in their lives.

Youth will participate in two art-related projects.

1. "Memory Making" through clay medium with professional local artist, Michael Larsen. Through the use of clay, youth will have the opportunity to create memory objects that honor their significant person that has died.
2. Participate in the Lincoln Children's Museum's "Candy House Fun Shop," where youth will have fun engaging in holiday crafts.



"Holiday Hope" Adult Support

"Holiday Hope" is also a peer-support group designed to help bereaved adults cope with the holiday season. During "Holiday Hope," adults of all ages are invited to participate in a peer support session from 9 a.m. - 12 p.m.

This event is open to all adults. You do not need to have children to participate in this event. This support session will also take place at the Lincoln Children's Museum in a private event room.

The programs are free, and lunch is included for youth and participating caregivers. However, you must pre-register for support sessions online at www.mourninghope.org.

Questions?

Call Mourning Hope at 402.488.8989



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**Mourning HOPE**
www.mourninghope.org grief center