



Bits of Hope

4-WEEK FAMILY GRIEF SUPPORT GROUP

Wednesdays 2018

June 6, 13, 20 & 27 | 6:30 - 8 p.m.

"Bits of Hope" is a grief support group for families with youth ages kindergarten through high school seniors who have experienced the death of someone significant in their lives. The program includes discussion themes and various art, writing and play activities to help youth explore their grief. Adult caregiver groups are held concurrently to offer grief support and education on how best to support grieving children.

The group focuses on Dr. Alan Wolfelt's first four Needs of Mourning:

- ★ Acknowledging the reality of the death
- ★ Embracing the pain of the loss
- ★ Remembering the person who died
- ★ Developing a new self-identity

"Bits of Hope" is an abbreviated version of Mourning Hope's 10-week group. It can be particularly helpful for families new to support groups, and those seeking a bit of continued support on their grief journey.

This group is offered at no charge, but pre-registration is required. Participants must commit to all four weeks in order to participate. Please register early as space is limited.

Register online at mourninghope.org/services, or email hope@mourninghope.org.



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