



Bits of Hope

4-week Grief Support Program

“Bits of Hope” is a four-week grief support program that explores Alan Wolfelt’s first four needs of mourning:

1. Accepting the reality of death
2. Embracing the pain of the loss
3. Remembering the person who died
4. Developing a new self identity

Bits of Hope welcomes ages 5-17 and will run every Wednesday in June for four weeks on June 3, 10, 17 and 24 from 6:30 - 8:00 p.m.

For kids ages 5-12 they will focus on various activities that help them explore grief through activities, play-acting and art. Ages 13-17 will explore their grief through photography and writing.

The program is free, but you must register in advance. Contact Caitlin Mason, program director, at 402.488.8989 or email cmason@mourninghope.org to register. You may also register online at www.mourninghope.org.



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