

# Family Grief Workshop



*Kids and adults benefit from expressing grief through creativity.*

*Creating and remembering together can be a part of healthy grieving.*

This is an afternoon for kids and their parent/caregiver to remember a beloved person or pet who has died.

Trained Hospice volunteers will lead participants through simple crafts, drawings, and optional show-and-tell.

Participants are encouraged to bring photos and other small mementos for their memory boxes.

This program is most appropriate for children aged **8 to 12**, and is designed to be attended with an adult who will take part in the activities with them.

A healthy snack will be provided.



**Family Grief Workshop**

**Saturday February 10**

**1:30 – 4:00pm**

**For more information: 667-7429**