

GRIEF SUPPORT

for children & youth

AGES
6-17

FREE

Hospice Niagara provide's support for all types of loss.

MUSIC SPEAKS 6 WEEKS | AGES 6-9, 10-13, 14-17

When finding the right words is difficult, music can be a safe and creative way for children and teens to explore difficult emotions.

Sessions are led by a music therapist.

MUSIC FOR THE FAMILY DROP-IN

A drop-in space for families to spend time together, creating and listening to music with their kids, while meeting other families grieving a death.

Sessions are led by a music therapist.

MY PET DIED 4 WEEKS | AGES 6-9

The death of a pet may be the first time a child will experience a significant loss in their life. Kids have an opportunity to talk about their animal friend and their feelings of grief and loss.

CREATIVE KIDS AGES 6-9

Creative expression helps kids gain control over strong emotions and provides an outlet for thoughts and feelings. **Join at any time.**

GRIEF eMOTION 7 WEEKS | AGES 10-13

Talking about grief is hard. Being with other kids who have also experienced a death of someone close, can make it easier. Connect, share experiences and explore big emotions through art, music, writing, and other activities.

CHILL AND SPILL AGES 10-17

Through creativity and casual conversation, youth explore big feelings and difficult experiences—at their own pace, in their own way. **Join at any time.**

GRIEF UNscripted 7 WEEKS | AGES 14-17

The death of a parent, sibling, friend or special person can be a devastating experience during an already difficult time in life. Explore grief in a safe space with other teens. **Virtual Group.**

COMPASS AGES 6-17

Spending time outdoors can be a starting point to help youth find their way through grief. COMPASS is a hike with other youth who have experienced the death of a special person in their life.

BOUNCE UP DROP-IN | AGES 6-9, 10-13, 14-17

Grief can begin before a loved one dies. When children and teens are aware of an impending loss, their grief can show up in many ways, including anxiety, sadness and anger, or changes in behaviour.

Drop in every other Wednesday, from 4-5pm.

PRETEEN THRIVE &

TEEN 2 TEEN RETREAT | AGES 10-13, 14-17

A full-day retreat into nature to relax, share stories, walk through the woods and meet other kids. Set in a beautiful location in Niagara, youth have a safe space to explore nature, themselves and their unique grief.

LET'S CONNECT

kidsprograms@hospiceniagara.ca | Call 905-984-8766 | hospiceniagara.ca

Donations make it possible to provide all programs and services **free of cost.**

