

Grief Support Program

Community Home Support-Lanark County offers a group for children who have experienced the death of a significant person. The group is facilitated by a qualified art therapist assisted by trained and experienced hospice volunteers.

The purpose of the group is to express and share feelings in a safe environment, honour and integrate the loss and learn useful coping strategies through...

- Poetry
- Art
- Story telling
- Movement
- Drama
- Puppet making
- Mask making

Upcoming Support Groups

Groups for children, teens and adults will run every Spring and Fall.

All participants must pre-register.

Anyone can refer to this service. There is no fee.

For further information contact Rebecca Bowie at Community Home Support:
613 267- 6400 or rebeccab@chslc.ca



Expressive Arts Groups for Grieving Children, Teens and



Community Home Support
- Lanark County -



Offered by
The Volunteer Hospice
Visiting Service



Using the imagination to promote healing

Expressive art groups use music, drawing, dance, drama and writing as a form of therapy. Children often do not have the verbal skills to articulate grief but may be able to act it out or draw it. This helps them to express feelings they may not be able to talk about. Using imagination in this way helps promote mental and physical healing.

What children say about it:-

"Coming to this group has helped me calm down and make art about my feelings."

"I wish I could come to this art club every day because it helps me feel better."

"Now I know that other children feel sad like I do".

"Art helps me to make something beautiful even though I'm sad inside."

FAQs

Who can attend the groups?

Any child, teen or adult who has had a significant loss not less than four months ago.

How many children will be there?

Between four and six.

What does it cost?

There is no charge.

How often do the groups meet?

Weekly for 90 minutes for eight weeks.

Where are they held?

Community Home Support,
40 Sunset Blvd, Suite 100,
Perth K7H 2Y4
Tel: 613 267 6400

Everyone must pre-register.