CENTER FOR GRIEF EDUCATION AND SUPPORT
SEASONS HOSPICE
GROUPS AND PROGRAMS

- Veteran’s Discussion Group
- Pregnancy and Infant Loss
- Pregnancy After Loss
- Survivor of Suicide
- Teen Drop-In
- Closed 10-week groups
- Newly Bereaved
- Coffee and Conversation
- Young Spouse Loss
- Young Parent Loss
- Pet Loss
- School Groups
SCHOOL GRIEF GROUP CURRICULUM

• 6-10 weeks depending on the school and number of students

• We provide snacks, art supplies, facilitators and curriculum which covers:
  • Changes
  • Memories
  • Feelings
  • Unfinished Business
  • Self-care
  • Coping
  • Who am I now?
MASKS OF GRIEF
Masks of Grief
GRIEF THROUGH A LENS

• Each week students are given a Quest with opposite words describing grief such as Love and Fear

• Students e-mail us their pictures and we print and bring in

• Students will make collages of photos with descriptions

• Displayed in the Sky Way
WHAT STUDENTS WISHED OTHERS KNEW

• That they are doing their best to make it through the day
• They may have heard other students speak about their own parents in a disrespectful manner and it hurts
• They aren’t sleeping well and it is hard to stay awake
• Their anxiety can be overwhelming and they are barely holding it together
• Their home life has changed so much that they don’t really care about things like homework