“Without our journey through grief, we would always stay the same, we could never grow. And that would be a terrible thing, the saddest thing of all. All growing up involves some pain, because we have to let go of some things, in order to gain other things.”

A service of Penn Highlands DuBois Hospice made possible through grant money from The Gray Family Foundation.
Grief, a natural response that occurs when one reacts to a loss, is experienced by young and old alike. As Alan Wolfelt states, “If you are old enough to love, you’re old enough to grieve.” Whether a child or young person mourns depends on whether there is a safe environment that encourages this process.

**HUGS for Kids and Teens** aims to assist children and young people in their grieving process by making them aware of “good grief” and their journey through the grief process. Providing a safe and supportive atmosphere, this program offers grieving youngsters a chance to share their experiences and feelings.

**HUGS** for Kids and Teens (K-12th grades) is facilitated by Theresa Myers, D.Ed. Dr. Myers, a veteran teacher of twenty+ years, has developed this program from her extensive reading, from experiences with grieving students in the classroom, and from the insights gained through the grief of her own children.

Dr. Myers utilizes literature, art and musical activities, journal writings, discussion, role playing, and videos.

The sessions are held for six consecutive Mondays OR Tuesdays in the Spring and Fall of each year. Meetings are open sessions, generally one (1) hour in length, from 6:30-7:30 p.m. and are held at the Penn Highlands DuBois Home Health/Hospice Office. Attendance at the first session does not indicate an obligation to continue. There is no fee for participation.

For more information or to register, call Penn Highlands DuBois Hospice at 814- 375-3300.