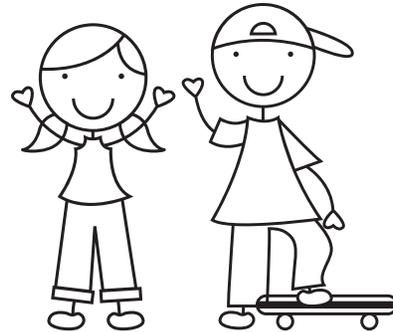


“Without our journey
through grief,
we would always
stay the same,
we could never grow,
And that would be
a terrible thing,
the saddest thing of all.
All growing up
involves some pain,
because we have to let
go of some things,
in order to gain
other things.”



A service of Penn Highlands
DuBois Hospice made possible
through grant money from
The Gray Family Foundation.



‘HELPING UNDERSTAND
GRIEF STAGES’ FOR KIDS

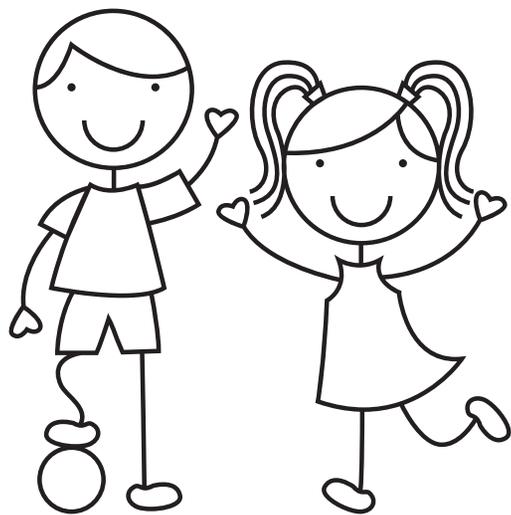
**If you’re old enough
to love, you’re old
enough to grieve.**

This program is designed to assist children
and youth with any type of loss they have



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

The Program aims to:

- Help children and young people understand that death is part of the life cycle.
- Help children and young people understand the many feelings brought on by the death of a loved one.
- Provide an environment that promotes healthy personal growth and an opportunity to both share and gain coping skills.
- Provide a caring environment where questions and concerns about death can be discussed
- Provide the opportunity to remember and memorialize the deceased.

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.