

## Summer Grief Support Workshops

*Grief Support workshops are professionally facilitated activities using art media to help young people explore their feelings and to develop healthy coping skills.*

### Children's Groups (Age 6-12)



#### Mini-Book of Memories Workshop

**July 8 4:00 p.m. – 6:00 p.m.**

Participants will create and decorate a mini book about their loved one. This will give children a chance to capture some of their memories in written form using stickers, special papers, quotes, beads, and ribbon to embellish the pages.



#### Garden Crafts Workshop

**July 14 1:00 p.m. – 3:30 p.m.**

Children will make objects to place in their gardens / yards to honor their loved one including decorating birdhouses, rock painting with words, and creating garden flags. The life cycle of nature will be used to reinforce the grief cycle as well as encouraging the children to find a special place in their garden for their memories.



#### Remembrance Beading Workshop

**July 21 10:00 a.m. – 12:00 p.m.**

Children will create a piece of personalized jewelry as a symbol of their unique relationship to their loved one. They begin the process by writing down memories on cards and then using beads and charms that symbolize those memories for them. Key chains, bracelets and necklaces are all options.



#### Feelings / Mask Decorating Workshop

**July 28 1:00 p.m. – 3:00 p.m.**

Children will, after a discussion of the feelings we experience in grief, decorate a full sized face mask. On the outside they will put symbols, words, stickers, paint of things that they don't mind sharing about themselves and on the inside they will decorate the mask with symbols of the feelings that they find difficult to share. Using clay, they will also do a 'feelings in our heart' exercise using clay.



#### Treasure Maps & Treasure Boxes

**Aug 5 4:00 p.m. – 6:00 p.m.**

Children will design their own treasure map representing some of the obstacles to their grief and finish by creating their own treasure box to fill with mementoes of their loved one. This is the third year we have presented this workshop and it is always well received. The children use a variety of mediums to represent their obstacles.

### Teen Groups (Ages 13 – 18)



#### Remembrance Beading Workshop

**July 22 6:00 p.m. – 7:30 p.m.**

Each young person will create a piece of personalized jewelry or wearable art as a symbol of their unique relationship to their loved one. The children are prompted to write down memories on cards and then find beads and charms that symbolize those memories for them. Key chains, bracelets and necklaces are all options.



#### Mini-Book of Memories Workshop

**Aug 12 6:00 p.m. – 7:30 p.m.**

Participants will create and decorate a mini book about their loved one. This will give children a chance to capture some of their memories in written form using stickers, special papers, quotes, beads, and ribbon to embellish the pages.