



GRIEF'S JOURNEY
(formerly Ted E. Bear Hollow)



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CONTACT PERSON: Crystal Sierra, Outreach Coordinator: csierra@griefsjourney.org, although any staff member can assist with questions or concerns.

Together hope grows.

OVERVIEW

Grief's Journey offers peer grief support by utilizing only the most passionate, caring, trained volunteer facilitators. Grieving children ages 3-18 and their adult caregivers participate in age-appropriate activities to process emotions, enhance coping skills, and build hope and support. Families are encouraged to attend a variety of our free grief support programs depending on their needs and comfort levels.

And, because we know that grief never ends, Grief's Journey never places a time limit on a person or family's participation in our programs.

Monthly Support Groups: Second Saturday of every month from 9:30 am -10:45 am (open to adults and youth ages 3-18).

Serious Illness/Injury Support Group: Second Saturday of every month from Noon-1:30pm (open to adults and youth ages 3-18).

8-Session Support Groups: In this core program, the same families attend for all 8 sessions as we progress through a series of grief-related topics. Please check out our website for dates and times (open to adults and youth ages 3-18)..

Family Days: These afternoons are filled with crafts and activities to honor and remember special people who have died. Families work together with volunteers in this fun, light-hearted setting with seasonal themes such as Dia de los Muertos and Tinsel & Tears. *Please check out our website for dates and times* (open to adults and youth ages 3-18).

Adults Helping Adults: This adult only program meets the first and third Thursday of every month from 6:30pm-8pm. Whether you have experienced a recent death or are grieving one from years ago, we invite you to join us.

Camp Hope: This weekend overnight camp is a special program for teens who have attended our programs with their families. Campers enjoy hanging out with other teens and participating in a variety of activities such as horseback riding, drumming, hiking, photography, and a campfire. Please call for more information.