

# Pine Tree Hospice

## **Nights of Service Bereavement Program**

Pine Tree Hospice's Nights of Service grief support program has been designed especially for children and families who are grieving a death. The trained facilitators of this program strive to create a safe environment in which participants can feel open to express and explore their grief experiences alongside others who are on similar journeys of adapting to a new life without the physical presence of their loved one. Participants feel less isolated as they learn that others experience similar thoughts and feelings which result from the death of someone special.

The purpose of this program is to allow each participant to share his or her experience of grief with others in a supportive, safe environment. During this process, participants learn and share healthy ways of adjusting to the death and to a new life without their loved one while also building an enduring connection with their loved one. These goals are facilitated through the use of various activities and exercises that are not only beneficial, but often times fun as well.



This is a six-week, closed-group program, meaning that the same group members participate in all six sessions together. This type of setting helps build trust and safety, which is crucial in order for each participant to feel safe. Because of this, we suggest that families make every effort to attend all six sessions.

Groups are created based on the number of children and their developmental levels. Every attempt is made to put siblings in different groups to allow each child an opportunity to experience the benefits of the group to its fullest. Each week, all groups discuss and explore the same topic, although this is done through different age-appropriate activities. In this way, every parent or guardian is aware of what each child is exploring in an effort to encourage family discussions between sessions.

**Our next six-week program will begin on Thursday, May 3, 2018.** (See back for schedule.) For more information or to schedule an orientation appointment for your family, please call 564-4346 or send an e-mail to [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org) by April 16<sup>th</sup>, 2018.

**GROUPS ARE SCHEDULED TO BE HELD AT:**

**The Congregational Church  
824 West Main Street  
Dover-Foxcroft**

**Thursday evenings as scheduled below**

**6:30 p.m. to 7:30 p.m.**

<b>DATE</b>	<b>TOPIC OF DISCUSSION</b>	<b>GOALS OF SESSION</b>
<b>05/03/18</b>	Introduction and discussion of death & grief	The purpose of the group will be discussed and participants will develop group rules. Participants will be invited to share their personal death-related story.
<b>05/10/18</b>	Feelings and self-esteem	Participants will be invited to talk about feelings they may experience regarding the death of their loved one.
<b>05/17/18</b>	Expressions of grief	Participants will learn about different expressions of grief and be invited to share their own experiences.
<b>05/24/18</b>	Memories	Participants will be invited to explore the use of memories as a positive way in which to deal with their grief.
<b>05/31/18</b>	Rituals & Celebrations	Participants will be invited to share their experiences of rituals and/or celebrations surrounding the death of their loved one as well as share their thoughts and feelings about their experiences.
<b>06/07/18</b>	Coping with grief/ Wrap up	Participants will be invited to discuss ways they have learned to cope with their grief. The groups will also have time to talk about the things they did in group and to say goodbye to each other.

