

HEARTplay West/East @ Home WINTER/SPRING 2021



HEARTplay is a heart-centered bereavement program which offers support services for children, teens and young adults of all abilities who are coping with a life-limiting illness or death in their lives. Licensed mental health counselors and expressive therapists use movement, music, art, play, and discussion to help participants explore and express feelings associated with grief and loss. We strive to offer programs and services that are trauma-informed and responsive to the needs of families in our communities.

WINTER/SPRING 2021 GROUP DATES

Saturday, January 9
Saturday, February 6
Saturday, March 6
Saturday, April 3
Saturday, May 1
Saturday, June 5

9:30-10:15 pre-school
10-11am ages 6-8
11am-12pm ages 9-12
1-2pm teens

All groups are currently being held on Zoom.

Zoom invitations are emailed & texted to all registered participants prior to the start of each group meeting.

Participants are welcome but not required to attend regularly.

**Caregiver support group offered
10-11am on each
HEARTplay Saturday.**

For new participants, register here:
heartplayprogram.org/registration

*All programs are offered at **no cost** to all families.*

Learn more at heartplayprogram.org

Questions, contact:

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Beth Israel Lahey Health
At Home

