



HEARTplay AFTER-SCHOOL @ Home WINTER/SPRING 2021

HEARTplaySM is a heart-centered bereavement program which offers support services for children, teens and young adults of all abilities who are coping with the life-limiting illness or death of an important person 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. Participants are invited to honor their person, learn about the grieving process, and connect with peers who have experienced a similar 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:

***Weekly on Wednesdays 4-5pm
All Ages Welcome***

January 13 - May 19

*No group on February 17 or April 21

All groups are currently being held on zoom.

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

Participants are welcome but not required to attend regularly.

Caregiver support groups offered monthly on Saturday mornings.

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

HEARTplay AFTER-SCHOOL participants are invited to also attend HEARTplay WEST one Saturday per month and any special events.

*Visit **heartplayprogram.org** for updates and additional details.*

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



Beth Israel Lahey Health
At Home

Questions, contact: Jennifer Wiles, HEARTplay Director
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