

# HEARTplay FALL 2021



**HEARTplay**<sup>SM</sup> is a heart-centered bereavement program which offers support to 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. All programs are offered at no cost to all families. We strive to offer programs and services that are trauma-informed and responsive to the needs of families in our communities.

## On-Going HEARTplay Groups:

### HEARTplay WEST/EAST

*First Saturday of each month beginning  
October 2, 2021*

*Pre-School 9:30-10:15am*

*Ages 6-12 10am-12pm\**

*Teens 1-3pm*

**\*Caregiver support groups  
offered HEARTplay Saturdays 10am-12pm.**

### HEARTplay YOUNG ADULT

*Two Sundays per month 5-6pm*

### HEARTplay AFTER-SCHOOL

*Wednesdays 4-5pm*

*Children & teens of all ages welcome*

### Corazón a Corazón: A Spanish Speaking HEARTplay Group

*2nd Saturday of each month 1-3 PM  
Children & Teens of all ages welcome*

### Coração a Coração: A Portuguese Speaking HEARTplay Group

*One Saturday per month Time TBD  
Children & Teens of all ages welcome*

Registration required.

New participants, register at:  
[heartplayprogram.org/registration](http://heartplayprogram.org/registration)

## Workshops & Special Events:

### CAMP HEARTplay

*One-day camp experiences during  
school vacation weeks*

### HEARTplay Grandparent Loss Workshop

*One Saturday per month, 11am-12pm*

Registration required.

New participants, register at:  
[heartplayprogram.org/special-events](http://heartplayprogram.org/special-events)

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

*Programs will be held on zoom and/or in person. In person programs are in Wayland, MA & Newton, MA.*

Visit [heartplayprogram.org/heartplay-groups](http://heartplayprogram.org/heartplay-groups) for a detailed calendar.



Beth Israel Lahey Health  
At Home

**Questions, contact: Jennifer Wiles, HEARTplay Director**  
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