

HEARTplay Holiday Workshop

Navigating Grief and the Holidays



The holiday season can be a joyful time. It can also bring challenges when someone you care about has died. This workshop will provide **support and resources** for grieving families and include break-out sessions **for adults, children, and teens**. We will learn practical, creative ways to honor and remember those who have died and to take care of ourselves and each other during this special season. **Please join us for a warm evening of support and connection.**



Monday, **NOVEMBER 16 and/or 30, 2020**
6:30-7:30PM on Zoom

FACILITATORS **Jennifer Wiles** Director of Children's Services, HEARTplay & Camp Erin Boston
Ken Barringer Director, The Academy of Physical & Social Development, Newton



Program is offered at no cost to all families. Families can register for one or both sessions.

Registration is required: www.heartplayprogram.org/special-events

Please contact **Jennifer Wiles** at 508-309-5107 or jennifer.wiles@athome.bilh.org with questions.