

SoundCareKids

Grief Support Group

The SoundCareKids Grief Support groups give children 4-18 years of age and their parents an opportunity to develop new friendships with others who are also grieving the death of a loved one; share feelings, hopes and fears in creative, experiential ways with others who understand; communicate more openly and naturally about death; and learn coping skills for adjusting to difficult changes. Each week builds on the concepts, discussions and activities of the previous week, so attending every week in the session is recommended. Our session topics include:

- Week 1** Learning about grief and getting to know each other
- Week 2** Exploring grief feelings and learning how to cope with them
- Week 3** Sharing our stories
- Week 4** Dealing with regret, guilt, and other unfinished business
- Week 5** Identifying and adjusting to changes
- Week 6** Memories and Staying Connected

2015~2016 Group Schedule

Thursdays, 6:15-7:45 p.m. in West Olympia

Fall Session: October 29th - December 10th *

* No group the week of Thanksgiving*

Winter Session: January 28th - March 3rd

Spring Session: April 21st - May 26th

(360) 493-5928



A program of



See reverse for more information

What is SoundCareKids?

The SoundCareKids Program began in 1992 and provides support for families who are grieving the death of a loved one. Our support groups give children 4-18 and their parents or other caregivers a chance to explore their feelings and thoughts while surrounded by others who understand loss. Group nights begin with pizza and play. Then kids, teens, and parents meet in small peer groups (Littles, Bigs, Middles, Teens, and Parents) for discussion and developmentally-appropriate activities designed to explore different aspects of grief. At the end of the night, everyone comes back together for a closing circle.

Facilitators

Groups are supervised by a Master's level Bereavement Counselor and facilitated by volunteers from the community who have been through background checks and have had specialized bereavement training. We also have trained and certified therapy dogs who attend group with the children.

What past participants say about their SoundCareKids experience:

"I love SoundCareKids! It's the only place I can talk about my dad without worrying what others think."

"If you are confused or angry, the group will help you understand and relax. I feel really safe here."

"This program gave us something we didn't think we could ever get back...HOPE! And SMILES!"

"For our family, SoundCareKids was a marker in our week to take a moment together and share. It was a family event, with no objections about coming. When we left at the end of the night we felt connected and good."



How do we register?

Call Providence Hospice at (360) 493-5928 to request an information packet and to reserve your place in the upcoming session. **Pre-registration is required.**

This program is provided at no cost to families in Thurston, Lewis, and Mason counties through funding from the Providence St. Peter Foundation.



*Grief support for children, teens,
and the adults who care for them.*