



# HOSPARUS

The earlier you call, the more we can help.

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**FOR IMMEDIATE RELEASE**

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## **Hosparus Grief Counseling Center offers summer/fall programming for children who have experienced a loss**

(LOUISVILLE, KY) — Many children have difficulty processing grief after the death of a loved one. That's why the Hosparus Grief Counseling Center is offering various age-appropriate workshops and activities to help kids in the Louisville area cope with loss. Programs are open to both families who have received Hosparus's services, as well as the public.

Children's programming includes:

- **Little's Group Workshop for preschoolers age 3-5**

The Little's Group is a 4-week playgroup for grieving preschoolers and those who care for them. A combination of education and hands-on experiences helps children and caregivers develop tools to understand and cope with preschool grief. Little's Group is provided free to Hosparus families for 13 months following the death. The cost is \$65 for others, and financial assistance is available. The group is offered periodically throughout the year; those interested may call 502-456-5451 to speak with a counselor about joining an upcoming group.

- **The Grief Olympics for bereaved youth ages 6-11**

The Grief Olympics is a series of fun, interactive games and activities that will help kids learn more about their grief and how to cope with it in a healthy way. Participants should wear old clothes, as some activities are messy and involve water. A pizza lunch will be provided. The event will be held **Friday, July 10, from 10 a.m.-3 p.m.**, at the Hosparus Grief Counseling Center, 3526 Ephraim McDowell Drive. Pre-registration is required by July 3. There is no cost for Hosparus families; \$30 for others. Financial assistance is available. Call 502-456-5451.

- **Mini Garden Workshop for bereaved youth ages 9-18**

Youth are invited to create a miniature garden (terrarium) with horticulture therapist Beth Hensley. A

garden can serve as a special memorial to a loved one who died, or it may be created as a container to hold wishes, hopes and dreams. Bring a lunch or snack; drinks and chips will be provided. Participants may also bring miniatures or memory objects to include in their gardens. The event will be held **Saturday, August 1, from 10 a.m.-1 p.m.**, at the Hosparus Grief Counseling Center, 3526 Ephraim McDowell Drive. Pre-registration is required by July 24. There is no fee for this workshop thanks to the generous support of Mildred V. Horn Foundation. Call 502-456-5451.

- **Back to School Boot Camp for youth in grades K-12**

The start of a school year can be challenging and stressful, especially for those who are coping with cancer in their family or those who have experienced a loss due to death. This workshop for both parents/guardians and their children is intended to help ease this transition. Parent workshop topics will include: advocating for your child in the school setting; how grief affects students and their school work; ways to support your child during the school year; and implementing a self-care routine. Youth can get “fit” for the new school year by participating in fun and interactive activities and discussion. Topics for youth will include: how to respond to other kids and adults in the school setting; how to identify supports within the school setting; and coping techniques. The workshop will be held **Saturday, August 8, from 11 a.m.-2 p.m.**, at Gilda’s Club Louisville, 633 Baxter Ave. Pre-registration is required by July 31. Register at [www.gildasclublouisville.org](http://www.gildasclublouisville.org). There is no fee for the program, which is co-hosted by Hosparus and Gilda’s Club.

- **Camp Evergreen 2015 for children ages 6-18**

Camp Evergreen is a weekend camp for families coping with death. This unique weekend retreat provides an opportunity for families to come together, support each other, learn how to take care of their grief and have fun at the same time. Evergreen will be held **August 28-30** at Loucon Training and Retreat Center in Leitchfield, Ky. The costs are \$100 (two family members) to \$150 (four family members; \$25 for each additional family member). The deadline for applications is Friday, August 14. Applications are available by phone 502-456-5451 or email at [jomer@hosparus.org](mailto:jomer@hosparus.org).

- **School Grief Relief for youth in grade K-12**

The School Grief Relief Program is available throughout the school year to youth in grades K-12 who have experienced a loss due to death. Workshops are held on-site at area schools. By combining grief education with interactive sharing and expressive techniques, Grief Relief helps students tell their stories, express their thoughts and feelings and develop healthy coping skills. For more information or to schedule a workshop, e-mail [GriefRelief@hosparus.org](mailto:GriefRelief@hosparus.org).

For more information about grief programming for children, contact the Hosparus Grief Counseling Center at 502-456-5451 or visit [www.hosparus.org/counseling.php](http://www.hosparus.org/counseling.php).

### **About Hosparus**

For more than 35 years, Hosparus, a fully accredited non-profit hospice organization, has provided medical care, family counseling, pain management and much more for people facing life-limiting illnesses in Kentucky and Southern Indiana. Hosparus cares for more than 6,000 patients and their families each year. To learn more about Hosparus services, visit [www.hosparus.org](http://www.hosparus.org).

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