



In This Together is a program that supports children, teens, and families who have experienced the death of someone close to them. Our support groups are offered **at no cost to participants**. Experiencing the death of someone can be a lonely and confusing time in a child's life. When children and teens attend an **In This Together** group, they discover they are not alone in their grief. They are able to look at one another and realize "we are **In This Together**."

IN PERSON GROUP SCHEDULED OCT 25 - NOV 29

*advanced registration is required for In This Together groups
contact clinical coordinators below for registration and additional information*

Legacy Hospice Coordinator
Annie Chen, Certified Child Life Specialist
amchen@lhs.org
971.930.2008

Providence Hospice Clinical Coordinator
Carrie Kilpatrick-White, MSW, LCSW
carrie.kilpatrick-white@providence.org
503.953.5315

In This Together offers a family approach to grief support. A loss affects the whole family and at our group we believe that healing happens in the family. **In This Together** groups benefit families by exploring ways to better understand and support one another. Parents and adult guardians are comforting allies in a child's process of healing through grief. **In This Together** supports the adults to strengthen family communication and bonding.

Who should come to **In This Together** groups?

- Any child or teen coping with a death can benefit from our group. We offer a validating and nurturing experience that honors the uniqueness of each child's situation.
- Children and teens often have less ability to talk about their feelings or to ask for the help they need. By offering facilitated discussions, play and art activities children and teens are better able to express their difficult feelings.
- Adults hoping to open up communication with their children as well as adults seeking an understanding environment to balance their own grief needs with the demands of parenting will find support.

In This Together groups provide a safe, fun and supportive environment in which participants are able to express and explore their thoughts and feelings of grief and loss. Through shared experiences, family communication is enhanced, and group members gain a sense of confidence in coping with their grief.

KIDS' GROUP - Kids are invited to express their thoughts and feelings through play, art and talking activities. For kids ages 5 and up.

TEEN GROUP - In the company of their peers, teens participate in a modified talking circle and expressive arts activities. For high school aged teens.

ADULT GROUP - Adults receive support for their own grieving process and learn how to better understand and support their grieving children.

Groups are professionally facilitated and offered in the fall and spring each year. Sessions alternate between east and west side Portland locations when in person; virtual sessions are also offered. Families come together for one evening each week where children, teens, and adults gather in age specific groups. Families may register for groups any time after the death.

In This Together responds to requests from the community. Clinicians are available to work with local schools to create individualized plans that respond to grief support needs in instances where a student, parent, teacher or other influential community leader has died. **In This Together** staff can provide educational opportunities for school staff. Grief support resources for the broader community are also available. For information, please call our clinical coordinators above or email inthistgether@oregonhospice.org.

In This Together is a program of Legacy Hospice Services, the Oregon Hospice & Palliative Care Association and Providence Hospice Programs.