

me, too

supporting children
and families in grief

NEXT GROUP MEETS

9/10/2018 11:30-12:15

call to register:

(503)228-2104

or

metoo@oregonhospice.org

Clinical Coordinators

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Me, Too is a program supporting children and families who have experienced the death of a family member or friend. We offer support groups for the whole family. All groups are professionally facilitated by Masters level clinicians and specially trained volunteers.

Me, Too offers a family approach to grief support.

A loss affects the whole family and at Me, Too we believe that healing happens in the family. Me, Too groups benefit families by exploring ways to better understand and support one another. Parents are comforting allies in a child's process of healing through grief. Me, Too supports parents to strengthen family communication and bonding.

Who should come to Me, Too groups?

- Any child or teen coping with a death can benefit from Me, Too. 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.
- Parents hoping to open up communication with their children as well as parents seeking an understanding environment to balance their own grief needs with the demands of parenting will find support.

Kids groups

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 peers, teens participate in a talking circle and expressive arts activities. For those up to age 18.

Adult groups

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

Me, Too 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. Me, Too staff can aid in developing onsite grief support groups at school, as well as provide educational opportunities for school staff. Grief support resources for the broader community are also available. **For information, please call 503.228.2104.**

Me, Too is a program of Legacy Hospice Services, the Oregon Hospice Association and Providence Hospice Programs. Groups are conveniently located close in the Portland-Metro area. Services are offered to participants at no cost.

