

Kid's G.A.B *(Grief and Bereavement)*

WEDNESDAYS 4-6pm: JAN 17th to March 7th 2018

For children ages 6-12 (curriculum can be modified for different ages) that have experienced loss (death, loss of parent through foster care, Crown Ward, abuse or estrangement). This program is designed to help children to be able to talk about their situation and to learn healthy ways to express their grief. Parents are also expected to review what is presented each week to support their children at home. Dinner & Bus Tickets Provided

Program Outline

Session 1: Creating Safety

Session 2 & 3: Talking About Death, Dying and Loss

Session 4 & 5: Identifying & Expressing Emotion/Coping With the Tough Stuff

Session 5 & 6: Coping with the Tough Stuff

Session 7: Staying Connected

Session 8: Celebrating Me

***PRIMARY CAREGIVERS MUST REGISTER CHILDREN AND
COMPLETE INTAKE***

Nicky Bomberry—Healing & Wellness Coordinator

905-548-9593 Ext. 224

Held at: 34 Ottawa St N—Ivan Henry Room

Please registered by January 10th—Spaces Limited

