

Evergreen, The Pine Tree Hospice Center for Grieving Children and Adults



Evergreen programs offer a safe space where children, teens, adults and families grieving a death can share their experiences. All groups are free of charge and are run by trained facilitators.

Evergreen offers weekly ongoing peer support groups for **children** on the 2nd and 4th Wednesdays of each month from 7-8 PM. The children's groups offer a mix of opportunities for children and teens to share their experiences with grief and loss. Whether it's talking about the death with other participants, using art, play or an activity, children and teens are encouraged to discover what works best for them in the healing process. An adult support group is also available for parents or guardians of the children to attend at the same time.

Adult bereavement support is provided through a series of once-a-month workshops delivered in blocks of three workshops per season. Each will have a theme such as "Developing New Life Skills: Adjusting to New Life Roles After a Loved Ones Death". The series is open to widows, widowers or anyone who has lost a life partner. Call or email our office for more info for details on upcoming workshops.

In both adult and children's groups all participants are able to use the "I Pass" guideline, which means they get to decide when and how much, they wish to share with the group.

To learn more or to join Evergreen, please call 564-4346, visit us on Facebook or send an e-mail to wecare@pinetreehospice.org. You can also schedule an orientation appointment for your family to visit the program and decide if Evergreen is a good match for your needs.

At Evergreen we realize that:

- Grief is unique for each individual
- The intensity and duration of grief is different for each person
- Within each of us is the capacity to heal
- Support helps in the grief process

Consider being an Evergreen Volunteer. It is an opportunity to share your heart and time to make an important difference in the life of a child, teen, adult or family in your community.

For more information on the above and upcoming special bereavement groups, please contact Pine Tree Hospice.

Phone: 207-564-4346

Email at wecare@pinetreehospice.org.

Our website at www.pinetreehospice.org

Facebook: www.facebook.com/PineTreeHospice
www.facebook.com/EvergreenPTH