



## Teen Topics: Tools for the Journey

An activity-based program for high school teens grieving a death

Sessions for 2010/2011

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| September 12 | Topic: <b>Why join a grief group?</b><br>Activity: Connolly Brothers Ice Cream and Ice Breakers  |
| October 3    | Topic: <b>What has changed in my life after the death?</b><br>Activity: video: "When a loved one dies"                                   |
| November 7   | Topic: <b>What are the feelings associated with grief?</b><br>Activity: Anger Management Bowling   |
| December 5   | Topic: <b>How do I navigate the Holidays with this loss?</b><br>Activity: Project with Nashua artists                                    |
| Jan 2        | Topic: <b>What are the positive ways of managing the stress of grief?</b><br>Activity: Stress management activities                      |
| Feb. 6       | Topic: <b>Memories. How can I keep my loved one's memory alive?</b><br>Activity: Sharing (stories, photos, food etc... of our loved one) |
| March 13     | Topic: <b>What are other resources available to me?</b><br>Activity: HAWK program, Heroic Journey, camps, therapists                     |
| April 3      | Topic: <b>Art and grief: How can I express what is going on inside?</b><br>Activity: outing to Nashua artist's studio                    |
| May 1        | Topic: <b>What does my future hold for me?</b><br>Activity: Survivors panel  |
| June 5       | Topic: <b>How can I find purpose in life as I move forward?</b><br>Activity: Graduation for seniors and gratitude for each other         |

Sessions will be from 2 - 4 pm Sundays at the Home Health & Hospice Care office in Merrimack, NH (in December and April we will meet from 2 -5 pm at a predetermined Nashua art studio)

Pre-registration is required for this program. Contact Eleanor Owen, good grief coordinator at Home Health & Hospice Care at 603-420-1914 or email [Eleanor.Owen@hhhc.org](mailto:Eleanor.Owen@hhhc.org).