



## In This Together

**In This Together** is a program that supports children, teens, and families who have experienced the death of someone close to them.

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**."

## Our Groups

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

**All sessions have been POSTPONED until further notice. To reach our clinical coordinators call or email 503.414.5145 (Petya) or 503.215.4915 (Carrie), [inthistgether@oregonhospice.org](mailto:inthistgether@oregonhospice.org)**

### 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 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.

## We Believe

- Healing happens in the family.
- Every family has their own unique way of coping with death.
- Some people express grief through words; others express grief through physical and artistic activity.
- Parents and caregivers/guardians need to care for themselves while caring for the challenging and changing needs of their family.

## How We Help

- Children and teens feel safe and are able to express feelings when grief is validated and normalized.
- Children and teens feel less isolated and alone in their grief when they meet peers who have similar experiences.
- Parents and caregivers/guardians benefit from practical information on supporting all members in a family.

## Our Goal

**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. There is no charge to attend **In This Together** groups.

*In This Together* is a program of



**In This Together** operates under the nonprofit status of the Oregon Hospice & Palliative Care Association

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