

Register for a Group

In This Together groups are offered free of charge. For information or to register for a group, call or e-mail us:

503.220.1000 or **503.953.5315**

inthistgether@oregonhospice.org

In This Together Supports 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. In This Together staff can aid in developing onsite grief support groups at school, and provide educational opportunities for school staff. Grief support resources for the broader community are also available.

Support In This Together

Support In This Together with a tax deductible contribution. In This Together operates under the nonprofit status of the Oregon Hospice & Palliative Care Association.

Contributions may be mailed to:

In This Together

Oregon Hospice & Palliative Care Association

P. O. Box 592 • Marylhurst, OR 97036

In This Together Is a Program Of

Providence Hospice Services



Legacy Hospice Services



Oregon Hospice & Palliative Care Association

**OREGON HOSPICE &
PALLIATIVE CARE
ASSOCIATION**



<https://oregonhospice.org/in-this-together/>

IN
THIS
TOGETHER



supporting children
and families in grief

“Alone we can do so little; Together we can do so much.”

-Helen Keller

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.

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.