

# IN THIS TOGETHER – supporting children & families in grief

## GROUPS ARE HELD IN SPRING AND FALL

For information, call or  
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**IN THIS TOGETHER** is a program that supports children, teens and families who have experienced the death of someone close to them. We offer support groups for the whole family, **at no cost to participants**. Groups are professionally facilitated and offered in the fall and winter each year in the Portland-metro area. Virtual sessions also offered when we are not able to offer “in person” groups.

### **IN THIS TOGETHER** offers a *family approach* to grief support.

A loss affects the whole family and at our group we believe that healing happens in the family. **IN THIS TOGETHER** groups benefit families by exploring ways to better understand and support one another. Parents and adult guardians are comforting allies in a child’s process of healing through grief. **IN THIS TOGETHER** supports the adults to strengthen family communication and bonding.

### Who should come to **IN THIS TOGETHER** groups?

- Any child or teen coping with a death can benefit from our group. We offer a validating and nurturing experience that honors the uniqueness of each child’s situation.
- Children and teens often have less ability to talk about their feelings or to ask for the help they need. By offering facilitated discussions, play and art activities children and teens are better able to express their difficult feelings.
- Adults hoping to open up communication with their children as well as adults seeking an understanding environment to balance their own grief needs with the demands of parenting will find support.

## 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 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.

### **IN THIS TOGETHER** responds to requests from 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. Our staff can provide educational opportunities for school staff. Grief support resources for the broader community are also available. **For information, please call Carrie at Providence Hospice (503.953.5315), Amanda at Legacy Hospice (503.225.6220) or email [inthistgether@oregonhospice.org](mailto:inthistgether@oregonhospice.org).**

**IN THIS TOGETHER** is a program of Legacy Hospice Services, the Oregon Hospice & Palliative Care Association and Providence Hospice Programs. Groups are conveniently located close in the Portland-Metro area. Services are offered to participants at no cost.

