

me,too

supporting children and families in grief

**WINTER GROUP WEST
BEGINS 3/5/19**
(at Portland First Church of
the Nazarene)

To register - call or email:
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Me, Too is a program that supports children 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. Sessions alternate between east and west side Portland locations.

Me, Too offers a family approach to grief support.

A loss affects the whole family and at Me, Too we believe that healing happens in the family. Me, Too 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. Me, Too supports the adults to strengthen family communication and bonding.

Who should come to Me, Too groups?

- Any child or teen coping with a death can benefit from Me, Too. 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.

Me, Too 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. Me, Too staff can aid in developing onsite grief support groups at school, as well as provide educational opportunities for school staff. Grief support resources for the broader community are also available. **For information, please call 503.228.2104.**

Me, Too 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.

