

HEARTplay

WINTER/SPRING 2022



HEARTplaySM is a heart-centered bereavement program which offers support services for children, teens and young adults of all abilities who are coping with the life-limiting illness or death of an important person in their lives. Licensed mental health counselors and expressive therapists use movement, music, art, play, and discussion to help participants explore and express feelings associated with grief and loss. Participants are invited to honor their person, learn about the grieving process, and connect with peers who have experienced a similar loss. **All programs are offered at no cost to all families.** We strive to offer programs and services that are trauma-informed and responsive to the needs of families in our communities.

HEARTplay Groups:

ONLINE GROUPS

HEARTplay YOUNG ADULT

Two Sundays per month 5-6pm

College Aged YA Group - dates/times TBA

HEARTplay AFTER-SCHOOL

Wednesdays 4:30-5:30 pm

Elementary and Teen groups, alternating

Wednesdays

Corazón a Corazón: A Spanish

Speaking HEARTplay Group

2nd Saturday of each month

Ages 6-12: 10-11 am

Teens: 11 am-12 noon

Coração a Coração: A Portuguese

Speaking HEARTplay Group

Dates & Times TBA

IN PERSON GROUPS

HEARTplay WEST/EAST

*1st Saturday of each month**

**January groups will be the 2nd Sat. 1/8/22*

Newton, MA January-March 2022

Pre-School 9:15-10am

*Ages 6-12 10am-12pm**

Teens 1-3pm

**Caregiver support groups*

offered HEARTplay Saturdays 10am-12pm.

Registration required.

New participants, register at: heartplayprogram.org/registration

Workshops & Special Events:

CAMP HEARTplay

One-day camp experiences during school holidays/vacation weeks

HEARTplay Grandparent Loss Workshop

1st Wednesday of each month

5:30-6:30pm (on zoom)

Registration required.

New participants, register at:
heartplayprogram.org/special-events

All programs are offered at **no cost** to all families.

Visit heartplayprogram.org/heartplay-groups for a detailed calendar.