

HEARTplay Groups

FALL 2025



HEARTplaySM is a heart-centered bereavement program offering support services for children, teens and young adults of all abilities who are coping with the serious 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.

IN PERSON GROUPS

Good Shepherd Community Care
Newton, MA

HEARTplay SATURDAYS

1st Saturday of each month (Oct.-June)
10am-noon

Groups for children, teens, and
parents/caregivers

HEARTplay FAMILY DINNERS

Wed. December 10, 5:30-7pm
This event will be focused on preparing for and
coping with the holidays while grieving.

HEARTplay Grandparent Loss Workshop

Friday, November 21 4-5pm (offered
quarterly)

Registration Required

New participants, register at:
[https://www.heartplayprogram.org/
register-heartplay-groups](https://www.heartplayprogram.org/register-heartplay-groups)



ONLINE GROUPS

On zoom, links shared with registered
participants before each meeting

HEARTplay YOUNG ADULT

1st & 3rd Sundays of each month 5-6pm

HEARTplay COLLEGE

Groups meet weekday afternoons, twice
a month; Day/time TBA

HEARTplay AFTER-SCHOOL

Elementary: 1st & 3rd Wed of each month
4-5pm

Teen: 2nd & 4th Wed of each month 4-5pm

Open HEARTS: a grief group for people
with intellectual and developmental
disabilities

1st and 3rd Wed. of each month 4-5pm

Adult Caregiver Support Group

3rd Thursday of each month, noon-1pm

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

All groups start in October 2025.

