

# HEARTplay Groups

## FALL 2023



**HEARTplay<sup>SM</sup>** 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.

### IN PERSON GROUPS

Good Shepherd Community Care  
Newton, MA

#### HEARTplay SATURDAYS

1st Saturday of each month (except  
September! September group: 9/23)

Ages 12 & under (+caregiver support  
group) 10am-12pm

Teens 1-2:30pm

#### HEARTplay FAMILY DINNERS

3rd Wednesday of each month 5:30-7pm  
All ages! First group Sept. 20.

### Registration Required

New participants, register at:

[https://www.heartplayprogram.org/  
register-heartplay-groups](https://www.heartplayprogram.org/register-heartplay-groups)



### ONLINE GROUPS

#### HEARTplay YOUNG ADULT

1st & 3rd Sundays each month 5-6pm  
First group Sept. 17

#### HEARTplay COLLEGE

1st & 3rd Wednesdays each month 4-5pm  
First group Sept. 20

#### HEARTplay AFTER-SCHOOL

Thursdays 4:30-5:30 pm  
Elementary: 1st and 3rd Thursday. First group  
Oct. 5.

Teen: 2nd and 4th Thursday. First group Oct. 12.

#### HEARTplay for Individuals with

##### Down Syndrome

2nd & 4th Tuesday of each month 3:30-4:30pm  
First group Sept. 12.

#### HEARTplay for Individuals with

##### Autism

1st and 3rd Monday of each month 4-5pm  
First group Oct. 2

#### HEARTplay Grandparent Loss Workshop

1st Tuesday of each month 3:30-4:30pm  
First group Oct. 3.

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

Visit [heartplayprogram.org/heartplay-groups](https://www.heartplayprogram.org/heartplay-groups) for a detailed calendar.

Questions, contact: Jennifer Wiles, HEARTplay Director  
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