

HEARTplay Groups

FALL 2024



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

Wednesday, November 20 5:30-7pm
This event will be focused on preparing for and
coping with the holidays while grieving.

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

HEARTplay COLLEGE

1st & 3rd Monday of each month
4:30-5:30pm (Oct 7-Dec 9)

HEARTplay AFTER-SCHOOL

1st & 3rd Wednesday of each month
(Oct.-Dec) 4:30-5:30pm
Elementary & Teen groups

HEARTplay for Individuals with Down Syndrome

1st & 3rd Wednesday of each month
3:30-4:30pm (Oct.-Dec.)

HEARTplay Grandparent Loss Workshop

2nd Wednesday of each month
3:30-4:30pm (beginning Oct.)

Corazon a Corazon: Spanish Speaking HEARTplay Group

2nd Wednesday of each month
4:30-5:30pm (Oct.-Dec.)

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