

HEARTplay Groups

WINTER/SPRING 2026



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 (January date change 1/10)
Groups for children, teens, and
parents/caregivers*

Camp HEARTplay Feb. Break

*Wed. February 18 9:30am-1pm
The Academy of Physical and Social
Development, Newton, MA*

*Groups for children, teens, and
parents/caregivers*

HEARTplay Grandparent Loss Workshop

*Friday, March 13 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,
resuming 1/18/26*

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.

