

HEARTplay Grief Group



Supporting Individuals with Down Syndrome

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. We strive to offer programs and services that are trauma-informed and responsive to the needs of families in our communities.

SPRING 2021 GROUP DATES:

4:00-5:00 EST on Zoom

February 10

February 24

March 10

March 24

April 14

April 28

(2nd and 4th Thursday of the month)

Zoom links will be shared with all registered participants prior to the start of each meeting.

All groups are offered at NO COST to all participants.

New Participants, register at:

<https://www.heartplayprogram.org/register-heartplay-groups>

Questions, contact: Jennifer Wiles, HEARTplay Director
508-309-5107 or jwiles@mah.harvard.edu

