

HEARTplay Groups

WINTER/SPRING 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

Camp HEARTplay

Wednesday, February 19 9am-1pm

One day school vacation week program. Groups &
activities for kids/teens with concurrent adult
support group. Lunch provided

Registration Required

New participants, register at:

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



NEW: Adult Caregiver Online Support Group

(open to all registered HEARTplay families)

3rd Thurs. of each month 12-1pm on zoom

ONLINE GROUPS

HEARTplay YOUNG ADULT

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

HEARTplay COLLEGE

1st & 3rd Monday of each month

4:30-5:30pm (beginning 1/6)

HEARTplay AFTER-SCHOOL

1st & 3rd Wednesday of each month

(beginning January 15) 4:30-5:30pm

Elementary & Teen groups

HEARTplay for Individuals with

Down Syndrome

1st & 3rd Wednesday of each month

3:30-4:30pm (beginning January 15)

HEARTplay Grandparent Loss

Workshop

2nd Wednesday of each month

3:30-4:30pm

Corazon a Corazon: Spanish

Speaking HEARTplay Group

2nd Wednesday of each month

4:30-5:30pm (Jan-May)

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