

HEARTplay SATURDAYS WINTER/SPRING 2022



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.

Winter/Spring 2022

Group Dates:

*First Saturday of each month
(except for January)*

January 8

February 5

March 5

April 2

May 7

June 4

Pre-School 9:15-10am

Ages 6-12 10am-12pm

Teens 1-3pm

Caregiver support group

10am-12pm

*Programs will be held in Wayland &
Newton, MA. Registered participants
will be notified of group locations
before each group meeting.*

Participants are welcome but not required to attend regularly.

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

For new participants, register here:

heartplayprogram.org/registration

*Participants in Saturday groups are invited to also attend HEARTplay After-School,
Wednesdays 4:30-5:30pm on zoom and any special events. Visit
heartplayprogram.org for updates and additional details.*