



Heart2Heart Grief Retreat

Discussion, Support Groups, Activities

This one-day, family-friendly retreat will provide support to bereaved families who have experienced a recent loss through the palliative care program.

Weaving together both **therapeutic** and **recreational** elements, sessions will be planned to help families grieve and remember together, in addition to time in age-specific peer groups.

Heart2Heart Retreat will be staffed by **trained volunteers** who have personal grief experiences and extensive experience working with bereaved children and adults.

Groups will be based on applications received. Childcare provided for children under 5. Grief groups for 5-18 year olds (Littles/Middles/Teens), for parents/caregivers and for adults attending without young children, according to type of loss (loss of spouse, parent, sibling, child or friend).

Activities include: Sharing circles with others who have experienced similar losses, facilitated by trained volunteers; optional sessions on self-care including yoga, meditation, massage therapy; information on “how to support your grieving children” for parents/grandparents attending with young children; recreational breaks for youth and adults, including time outside, as weather permits.



**Saskatchewan
Health Authority**

When: July 28, 2018
9 a.m - 6 p.m

Where: St. Mark's Lutheran Church
3510 Queen Street, Regina

**No Fee to attend.
Food will be provided.**

Heart2Heart Retreat is supported by generous donations from our community.

50 spots available. If needed, priority will be determined by the Palliative Care Bereavement Coordinator.

To Register Please Contact:

Marlene Jackson

Volunteer and Bereavement

Coordinator, Palliative Care Services

at **306-766-2384** or

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saskhealthauthority.ca

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