

Youth Journeys is a daylong program for youth, ages 6–18, who have experienced the death of a loved one. Losses can include parents, siblings, grandparents, aunts, uncles and others.

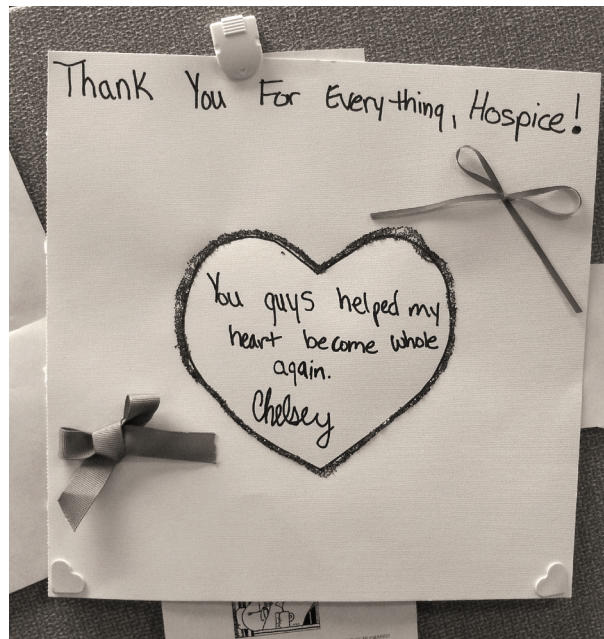
A portion of the day also includes parent/guardian participation. We recommend youth wait approximately three months after a death before attending Youth Journeys.

Goals of the Program

The goals of the Youth Journeys program are:

1. To teach youth more about death, grief and loss.
2. To help youth understand their feelings about losing someone close to them through death.
3. To assist youth in identifying sources of support and methods of self-care.
4. To provide youth an opportunity to share with, and hear from, others of the same age who have experienced the death of someone close.

Youth are split into age groups: ages 6-9, 10-13 and 14-18. As much as possible, sibling groups are split up to ensure each person can have his or her own unique experience. At least one trained bereavement specialist facilitates each group. Snacks and food are provided throughout the day.



Program Format

The day is broken into five segments, with a variety of age-specific games, art projects, stories, activities and videos that help explore grief in a comfortable manner for youth.

The segments include:

1. Learning about each other and telling the story
2. Changes that have happened since the death
3. Exploration of feelings surrounding the death
4. How to keep memories of the loved one alive
5. Self-care

Parents and Guardians

The parent/guardian group, which meets after lunch, helps adults learn how their children may be experiencing the death of a loved one. It also allows time to talk about the difficulties parents/guardians face in helping children grieve, while they also grieve. Parents/guardians learn what their children will be talking about, so they can be prepared for questions after they go home.

Remembrance Service

The day concludes with a remembrance service. Youth are encouraged to bring photos and other mementos that have special meaning to them and the person who died, which are displayed during the service.

A Hospice chaplain facilitates the service, offering inspirational words to help end the day honoring the memories of those who have died.

Youth Journeys is provided by the Journeys Program of Hospice of the Red River Valley and is offered twice a year on a Saturday, usually in the spring and fall. Funding for the program is provided through grants, including the United Way of Cass-Clay, Ronald McDonald House Charities, Barnesville Community Fund and donations from participants.

“Grief is a sign that we loved something more than ourselves.”

- Joan Chittister

Schedule for the Day

- 8:45 – 9 a.m. Check-in
- 9 – 9:30 a.m. Continental breakfast and introductions
(parents/guardians included)
- 9:30 – 11:30 a.m. Youth break into groups
(parents/guardians dismissed)
- 11:30 a.m. – 12:15 p.m. Lunch
(parents/guardians return for lunch)
- 12:15 – 3 p.m. Break into groups
(youth and parents/guardians)
- 3 – 3:30 p.m. Remembrance service

Registration

Registration is required by Sept. 29. Please call **(701) 356-1500** or **(800) 237-4629** to register your youth and family. Ask for the bereavement department.



To learn more about hospice and how to begin services:

www.hrrv.org
questions@hrrv.org
(800) 237-4629



Youth Journeys

For youth who have experienced the death of a loved one.

Saturday, Oct. 4, 2014

9 a.m. – 3:30 p.m.

Hospice of the Red River Valley
1701 38th St. S, Fargo



HOSPICE
RED RIVER VALLEY