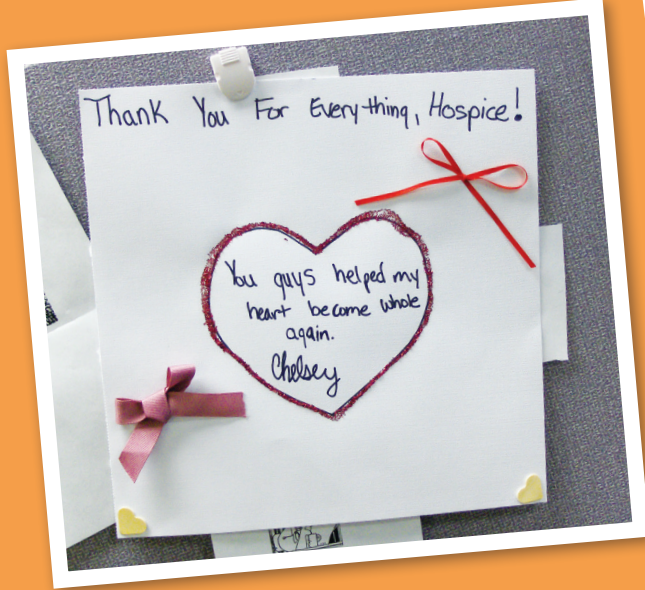


About Youth Journeys



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.

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

- Joan Chittister

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.

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.

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

Celebration of Life Service

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

The service will offer inspirational words to help end the day honoring the memories of those who have died.

Youth will also have an opportunity to meet our pet therapy dogs.

Youth Journeys is provided by the bereavement department of Hospice of the Red River Valley and is offered twice a year—in the spring and fall—on a Saturday. Funding for the program is provided through grants and donations from participants.

Registration

Registration is required by Oct. 2. Please call **(701) 356-1500** or **(800) 237-4629** to register your youth and family. Ask for the bereavement department.



Schedule for the Day

- 8:30-9 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. Celebration of life service



Saturday, Oct. 7, 2017
9 a.m.-3:30 p.m.

Hospice of the Red River Valley
1701 38th St. S., Fargo
(Use west door)



To learn more about hospice and how to begin services:

- (800) 237-4629 questions@hrrv.org
 www.hrrv.org blog.hrrv.org
 facebook.com/hospicerrv twitter.com/hrrv



HOSPICE
RED RIVER VALLEY



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