

## Grief Support Services

In addition to their on-going bereavement support groups, Family Hospice of Mt. Lebanon is offering two specialized bereavement programs free to the public.

### **“Camp Healing Hearts” – a Free Bereavement Camp for Grieving Children**

The camp is open to any child (age 6-12) in the community who is coping with loss. Camp Healing Hearts is conducted by Family Hospice’s experienced bereavement specialists, and consists of fun and healing exercises that help children realize that their feelings are normal – and are shared by others. Activities include art and music sessions, the creation of a memory box, educational obstacle course, lunch, and more. There is no cost to attend, thanks to generous funding by the Rite Aid Foundation; the Pittsburgh Pirates Alumni Foundation, and Town Hall South.

The Camp is held on Saturday, October 6, from 9:00 a.m. to 3:30 p.m., at Family Hospice’s Center for Compassionate Care at 50 Moffett Street in Mt. Lebanon.

To register, please call the Family Hospice Bereavement Department, at 412-572-8829, or register on-line at [www.FamilyHospice.com](http://www.FamilyHospice.com).

### **Growing Through Grief – Rebuilding Hope**

Growing Through Grief is a six-week bereavement support program offered free by Family Hospice to the community on Wednesdays from 1:00 p.m. to 3:00 p.m., September 26 through October 31 at Southminster House, 801 Washington Road in Mt. Lebanon.

**Pre-registration is required;** please call 412-572-8829, or visit their web site at [www.FamilyHospice.com](http://www.FamilyHospice.com), to register and for more information.

### **On-going Support Groups**

No registration is required to attend these free bereavement support meetings which are listed below.

Third Monday of every month from 7:00 p.m. to 8:30 p.m. at the Center for Compassionate Care, 50 Moffett Street in Mt. Lebanon.

Second Tuesday of every month from 1:00 p.m. to 2:30 p.m. at Southminster House, 801 Washington Road in Mt. Lebanon.

First Thursday of every month from 7:00 p.m. to 8:30 p.m. at the Baldwin Community United Methodist Church, 5001 Baptist Road in Whitehall.

For more information on these South Hills support groups, contact the Family Hospice Bereavement Department at 412-572-8829.