

ART THERAPY FOR GRIEF

FALL 2011

Parent/Teen
13-18 yrs

when a parent or sibling dies

Bereaved Families of Ontario
Ottawa Region - (BFO-OR)
&
Catholic Family Services

REGISTER by Sept 15 2011

Contact: Deborah Krogan
Program Coordinator at BFO-OR
at 613-567-4278 or
office@bfo-ottawa.org
if you know children and parents
whom may
benefit from these groups.
www.bfo-ottawa.org



ART THERAPY FOR GRIEF is a peer support group for children and youth who are recovering from the death of a loved one.

The objectives of these 8 week groups are to help children and youth learn about grief and share their feelings with others.

The facilitators offer an opportunity for the participants to explore their feelings through various means, including *creating drawings, paintings or collages* inspired by specific themes and relaxation techniques. The participants are encouraged to share their work with the group, offer feedback and support to one another.

When:

Oct to Dec 2011

5:30-7:30pm

For 8 consecutive Wednesdays

begins with a pizza dinner each night

Where: TBA

Fees:

This program is partially funded by an anonymous foundation. Donations to BFO-OR are welcome.

Registration:

Deadline for registration is Sept 15th

Participants must register with Deborah Krogan at BFO-OR at 613-567-4278
office@bfo-ottawa.org



How our Groups Help:

Bereaved Families is a self-help, peer support organization. We encourage the sharing and expression of emotions and personal experiences in small, peer support groups for children, teens and adults who are dealing with the death of a parent, sibling, friend or spouse/partner.

Why:

Children who have suffered a loss may have problems at school, within the family or with their friends. These reactions are quite normal, yet many children and their parents require support to cope with their feelings. While speaking with other children who have had similar losses, children will create their own peer support group.

To Register, phone: 613-567-4278