



The Art of Grieving

Offered by Androscoggin Home Healthcare + Hospice



The "Art of Grieving" is a monthly program for children and teens (under the age of 18) who are grieving a loss. Children and/or teens who are registered for the program will receive all the supplies needed to complete the activity for the month.

A video showing how to complete the activity will be available at Androscoggin.org/bereavement beginning on the 24th of the month. Guidance for caregivers about how to support their grieving child or teen will be included with the supply kit.

Art can help people who are mourning the loss of a loved one to open up to the opportunity to express their grief-related feelings and emotions. The creation of art helps with processing sensory and emotional experiences in the bereaved.

All activities are being offered free of charge to any children or teens in the community who are grieving.

To register, please visit Androscoggin.org/bereavement or call 207-795-9468.

Registration for this activity will close on August 26.



August 2022

Meditation Jar

Sometimes you might feel like your jar—shaken up and swirling around. When you feel like that, try getting out your jar and shake it up. As you watch the sparkles settle, you might also feel your own feelings settle. You will receive all the materials you'll need to construct a meditation jar and you can think about your loved one.

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Visit Androscoggin.org/bereavement to learn more



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