



THE ART of GRIEVING



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 October 23.



October 2022

Bag of Comfort

Do you ever need to just drop everything and head to a quiet place by yourself? Do you ever have to jump in the car to go somewhere, but you just don't know if you're going to like the trip? Do you ever stay over at a friend's house or with a relative and you suddenly feel lonely? This month's project will help you make a "first aid" kit for your feelings. You will receive everything you need to make a bag full of comfort.

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the New York Life Foundation.*

Visit Androscoggin.org/bereavement to learn more



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