

Creative Arts Workshops

These 90-minute Creative Arts Workshops are designed to help children and teens explore their feelings of grief in a safe and creative environment. While children are in the workshops, we will also provide a simultaneous support group for parents and guardians. Participation in the support group is not required, but adults must stay on the premises. These workshops are provided at no cost, and pre-registration is required.



Building a Home for Your Grief

Sometimes, it feels like grief is all around us and that it is hard to contain. Creative expression can help with those difficult emotions of grief. In this workshop, we will use painting pens to create homes where we can live more safely with our grief.

May 11, 2024; 1:00-2:30 pm

*Please call (925) 887-5678 by **May 3** to register.*



Spirit Animal Bracelets

In certain spiritual traditions or cultures, spirit animals help guide or protect a person on a journey. In this workshop, we will be making bracelets that include animal charms that can help children on their own grief journey.

June 22, 2024; 1:00-2:30 pm

*Please call (925) 887-5678 by **June 14** to register.*



Working with Nature: Terrariums

Grief can come in layers—being able to see our grief outside of ourselves can help bring clarity.

In this workshop, we will build terrariums with succulents, dirt, and colorful sand. We will provide all the makings for the terrarium, but please provide your own container for your terrarium, 14" and under in width is recommended.

July 27, 2024; 1:00-2:30 pm

*Please call (925) 887-5678 by **July 19** to register.*



Hospice East Bay
Grief Support

For more information contact: Dawn Torre, MA
(925) 887-5678 | griefservices@hospiceeastbay.org