



Monthly Family Support Groups

What are the Monthly Family Support Groups?

The Monthly Family Support Groups are for grieving families. We welcome children, teens, young adults and adults to attend our support groups as a family. This group meets once a month and is always accepting new participants. We hope you will join the other kids and their families who are grieving the death of someone significant.

When does this group meet?

The meetings are held on the second Wednesday of every month from 6:30-8:00 PM.

What can you expect at the support group sessions?

At each session groups the children, teens and young adults are divided up into several groups by their age while the adults meet in their own group. Each session is tailored to the group's developmental level and the struggles the members are encountering. No two monthly sessions are identical. Topics that may be discussed could include coping skills, feelings, memories, change, holidays, grief rituals, or many other topics that fit the needs of the families.

Here are a few examples of activities or tools that may be utilized:

- | | | |
|--------------------------|--------------------|-------------------------|
| ~ Storytelling | ~ Poetry | ~ Memory Pillow |
| ~ Collage | ~ Dream Catcher | ~ Puppet Show |
| ~ Memory Boxes | ~ Talking Stick | ~ Miniatures |
| ~ Healing Stone Exchange | ~ Show & Tell | ~ Memory Stone |
| ~ Claywork | ~ Feelings Mask | ~ Yoga |
| ~ Plate-throwing | ~ Music | ~ Rollercoaster |
| ~ Quilt Making | ~ Graffiti Wall | ~ Journey Footprints |
| ~ Balloon Release | ~ Personal Tribute | ~ "See You Later" Party |
| ~ "Simon Sez" Game | ~ Relaxation | ~ Luminaries |
| ~ Musical Chairs | ~ Message Bottles | ~ Cake Walk |
| ~ Worry Dolls | ~ Weaving | ~ Candlelighting |
| ~ Letter Writing | ~ Basket Making | |

Is there a commitment for how many sessions a family needs to attend?

We do ask that you commit to attending at least three consecutive months in order for the groups to be the most beneficial to you and the other families attending the groups. Groups are always enrolling new families so this helps create consistency among group members.

Is an adult required to attend with the children and teens?

We strongly encourage involvement of at least one parent/guardian to attend with their children. If an adult is not comfortable attending the sessions, then feel free to contact the office to discuss your options. While participants grieve individually, it is still very much a whole family process. Therefore it is very beneficial to have the adults participate as well.

What do I need to do to attend the monthly support groups?

Before attending the monthly support groups the enrollment forms for the entire family need to be completed and returned to Annie's Hope. Enrollment forms are needed for each participant, adults included. The forms can be found on the homepage of our website at www.annieshope.org or by calling the office at 314-965-5015. Once Annie's Hope receives the forms, we will contact you to confirm acceptance. At that time we will let you know more information about the support group before you can begin attending the monthly support groups.

Each month families will need to RSVP to Annie's Hope one week before the group will be held if you plan on attending the group that month. This is very important so that we have enough facilitators and spots for all the families wanting to attend.

What do we need to bring?

Nothing, except a desire to heal.

Will there be food available?

A complementary dinner of pizza and drink will be served each week at no charge. The meal will be available from 6:00-6:25 PM only. Drink will be available for adults throughout the session. Donations to cover the meal expenses are accepted.

What is the cost to attend the support group sessions?

There is no cost to attend the support group sessions. The programs are mostly paid for through donations by individuals. Any family who can make a financial contribution is encouraged to do so. All contributions are gratefully accepted.

For further information, to make a referral, to obtain enrollment forms, or to volunteer call Annie's Hope at 314-965-5015 (Office), 314-918-1438 (Fax), annieshopekids@aol.com (E-mail), or www.annieshope.org (Web Site).