

Coping KiDS & Teens

Supporting the needs
of children, teens and
families impacted by
serious illness and loss



Coping Kids & Teens

Services provided in the Bob & Joy Allen Wing
of the Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy, PA



Coping Kids & Teens helps children, teens and families learn about loss, develop coping skills and build self-confidence through fun-filled activities and opportunities for small and large-group sharing in a safe atmosphere. We offer the area's most comprehensive grief education and support for children, teens and families. Thanks to the generous support of the community, most services are free of charge.

Individual or Family Support

Master's-level grief counselors provide support and education for children, teens and families as they learn how to cope with serious illness or loss.



Grief Support Series

Grief support groups are held on Thursday evenings starting with a light supper at 6:00 p.m. From 6:30–7:30 p.m. children and teens meet in age-specific groups while the parents/guardians gather separately to learn how to support grieving children. These sessions are for anyone who has lost a loved one as a result of illness or from a sudden, unexpected death. All groups are facilitated by master's level grief counselors and trained volunteers. We focus on helping children identify and express their feelings as they share experiences about the death

“What a fabulous program Coping Kids & Teens is! Going to Pathways every Thursday evening was his favorite part of the week. What a difference it has made for my child! Thank you!”

~Lisa Cooper Cotter, Lancaster, PA

of their loved one. Groups enhance family communication and expand the personal skills needed to cope with and adjust to the intense feelings and challenges that accompany loss and grief.

Prior to enrolling in a series, families attend an assessment to ensure that the support groups will be helpful.

Upcoming Dates:

Thursdays, October 20 – December 8, 2016

Registration deadline: October 7, 2016

Thursdays, January 12 – March 2, 2017

Registration deadline: December 30, 2016

Thursdays, March 16 – April 27, 2017

Registration deadline: March 3, 2017





An overnight weekend camp for
grieving children (ages 6 –12)
June 9-11, 2017, to be held at
Camp Donegal in York County

Camp Chimaqua

A trained adult buddy is paired with each child for companionship, support and supervision throughout the weekend. This experience allows campers to realize they are not grieving alone, and to understand that their feelings are normal as they get to know others who have also lost a loved one. Children meet with a counselor to determine if camp will best meet their needs.

Thanks to the Hospice Circle of Friends, registration is \$25, and financial assistance is available. Call the Pathways Center to request camp applications or visit www.pathwaysthroughgrief.org.

**Applications must be received
by May 19, 2017.**





A one-day retreat for grieving families (with or without children) August 5, 2017

Mend A Heart Family Retreat

This retreat addresses the needs of grieving family members whose loss was at least three months ago. Held at the Pathways Center for Grief & Loss in Mount Joy, PA, adults attend sessions that provide opportunities for self-care and grief support. Children and teens are divided into age groups for a variety of activities throughout the day. Family activities also help to strengthen communication and provide opportunities to commemorate loved ones. Interested families complete an application process to ensure the day best meets the needs of the family.

Thanks to the Hospice Circle of Friends, registration is \$15 per person or \$50 per family of four or more, and financial

assistance is available. Call the Pathways Center to request applications or visit www.pathwaysthroughgrief.org

**Applications must be received by
July 14, 2017.**



PATHWAYS CENTER *for* GRIEF & LOSS

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