

# Preteen Thrive

## Overview and Checklist

- REGISTRATION and WAIVER:** Registration is free and priority will be given to first time attendees. It will be based on a first come first serve basis. This form will reserve a place for the preteens who are interested. The final deadline for all registration forms is Thursday, May 17, 2018
  - This retreat is for preteens ages 11 – 13/14 years. Our Teen 2 Teen retreat is for teens ages 14 – 18 years. Unfortunately, we do not have a retreat for children ages 6 – 10 years at this time. Please see our website, [www.hospiceniagara.ca](http://www.hospiceniagara.ca) for details regarding our bereavement programs.
- FOOD:** Food and Refreshments are included in this event. Please ensure we are aware of any allergies, food sensitivities or if someone is vegetarian. Note: Individuals with a vegan diet are to bring their own food.
- TRANSPORTATION:** While the event itself is free, we do not cover the cost of transportation. If the school and/or organization is providing transportation we ask that pick up happens no sooner than 2:30 p.m. and that transportation to their home be accommodated for that one day. The program is set up in a way to allow the preteens to process their grief, including an important debrief time at the end of the day to help preteens feel grounded prior to leaving.
  - Drop off time is between 8:45 am and 9:00 am
  - Pick up time is between 2:30 pm - 3:00 pm
- LOCATION:** The event will take place at Heartland Forest <https://www.heartlandforest.org>. The facility is wheelchair accessible.
- WHAT TO WEAR:** This is a casual event. Please dress for weather (rain/sun) as some activities will be outside. We will venture outside even in the rain. We will be walking on the trails at Heartland Forest. Please wear shoes and clothing you do not mind getting dusty or muddy.
- WHAT TO EXPECT:** This is harder to explain as a first time event. The event will be similar to our Teen 2 Teen retreat. One teen stated “I needed this. This is not what I thought it was!” Possible things to expect:
  - To meet other preteens who are grieving the death(s) of a significant loved one
  - To participate in both large and small group activities including: icebreakers, a scavenger hunt, crafts and a drum circle.
  - To talk about your loved one and their impact on your life
  - To learn coping strategies for moving forward
  - To eat fabulous food
  - You may cry, you may laugh ... you won't feel alone.

### Serving Families in Niagara

**Hospice Niagara - The Stabler Centre**  
403 Ontario Street, Unit 2  
St. Catharines, ON L2N 1L5  
T: 905-984-8766 | F: 905-984-8242



**Hospice Niagara - Welland Office**  
555 Prince Charles Drive  
Welland, ON L3C 6B5