

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 those who are interested.
- 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 teens to process their grief, including an important debrief time at the end of the day to help teens 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 one day 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. Young people have stated over the year “This is not what I thought it was. If I would have known this, I would have come sooner.” Here are some things to expect:
 - To meet others who are grieving the death(s) of a significant person – regardless of who has died and how they have died. Last year we had approximately 20 participate.
 - To participate in both large and small group activities including: icebreakers, small groups, crafts, and a grief walk. In the small group activities we will ask you to share your story about your loved one and/or ask questions in our “ungame” such as “One thing I miss is ...”
 - To write a note to your loved one. You may want to do this in advance. This could be something you wish you could say to your loved one, questions you have, or something you need to let go of. We will not read these. Stick it in an envelope and you will have the opportunity to throw it in our bonfire.
 - To eat fabulous food – refreshments, break and lunch will be provided by our chef, Patrick Engel.
 - You may cry, you may laugh, but that is okay. Everyone here will understand this is a safe space.
- Contact Person:** Please contact Melissa Penner, Bereavement Specialist at 905-984-8766 X233
Fax forms to 905-984-8242

The Stabler Centre

403 Ontario Street, Unit 2, St. Catharines, ON L2N 1L5
T: 905-984-8766 | F: 905-984-8242

Welland Office

555 Prince Charles Drive, 2nd Floor, Welland, ON L3C 6B5
T: 905-984-8766 | F: 905-735-1703

info@hospiceniagara.ca | hospiceniagara.ca | Charitable Registration # 899716294RR0001