

How it can help

Here are a few comments from past participants:

"(The most helpful thing about this group) was being able to talk with others in my age group that are going through the same life situations as me and to have older people as well for guidance."

"I really loved being able to connect with others."

"I think that listening to everyone and seeing that they have the same thoughts and feelings as I have was very helpful."

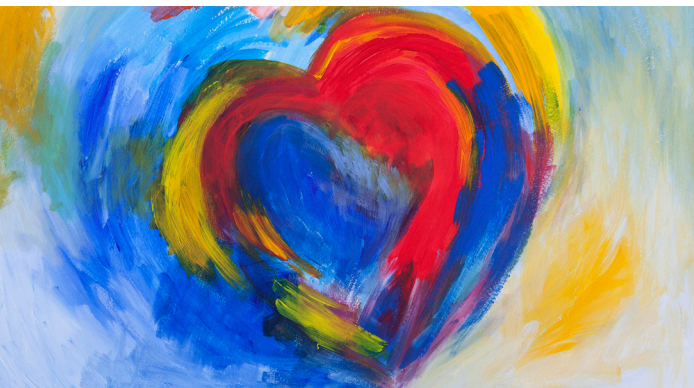
"It was nice to get a different point of view about what I went through. It was nice to feel 'justified' in how I was feeling. Nice to talk to folks who understood."

This community outreach program is a free service provided by the UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program, with a generous grant from Children's Miracle Network.



**UCDAVIS
HEALTH**

Young Adult
Bereavement
Art Group



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Hospice Program

3630 Business Dr.
Sacramento, CA 95820
Registration: 916-731-6867

health.ucdavis.edu

**For people ages
17-24 years, coping
with a recent death**



Our UC Davis Hospice Program team members understand how vital support can be following the loss of a loved one, especially for young adults who may have difficulty locating support from peers.

Interaction and creative expression

The Young Adult Bereavement Art Group is open to anyone between the ages of 17 and 24 who is grieving the loss of someone close.

This eight week group provides a safe place to express your feelings, receive support from grief counselors and connect with peers who are experiencing similar loss. The sessions include discussion and art projects designed to provide multiple avenues to describe, express and process grief and loss.

About the bereavement art group

The Young Adult Bereavement Art Group is offered twice each year, with sessions starting in February and September. Sessions are held in the evening.

Topics to be covered during the eight sessions include:

- Acknowledging and understanding grief
- Expressing and accepting feelings
- Changing of roles
- Coping and stress
- Developing supportive relationships

Location:

UC Davis Home Care Services
3630 Business Drive, Suite F
Sacramento, CA 95820

Business Drive is located off 14th Avenue and Power Inn Road, south of Highway 50 and Folsom Blvd.

All sessions are free. Group size is limited. To register, please call 916-731-6867. We look forward to seeing you.



Bereavement art group for young adults

Grief is a natural and normal response to the loss of someone you love. How you experience grief is unique to you and it may seem like the sadness you feel is something nobody else can understand.

Be assured you are not alone. There are people in your community who have experienced their own grief, and – like you – do not need to work through it alone.