

## Family Hospice

Part of UPMC Home Healthcare of Central Pennsylvania

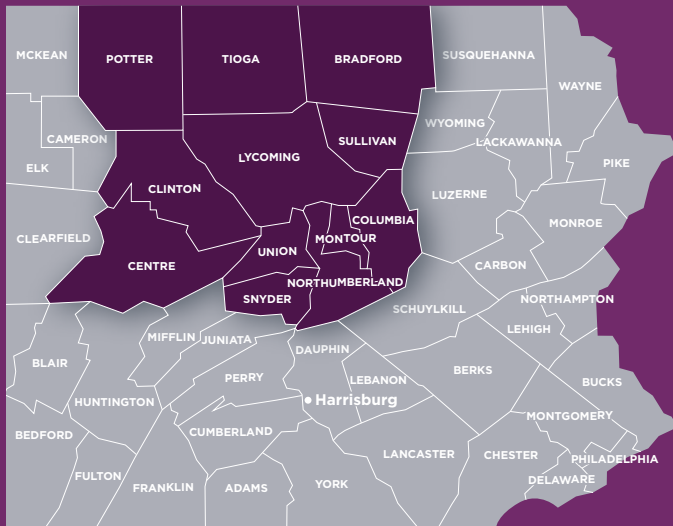
UPMC Williamsport Divine Providence Campus

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[UPMC.com/HeartworksNCPA](https://www.upmc.com/HeartworksNCPA)



## FAMILY HOSPICE - SUSQUEHANNA



# HEARTWORKS

Caring for grieving children, teens,  
and families.

All photos taken before universal masking and social distancing guidelines.

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When children and teens experience the death of a loved one, they can become overwhelmed by their emotions, have many questions, and feel alone.

Spending time with others who have experienced a death can provide a safe place for talking about or learning ways to express feelings and to see that these feelings are a normal part of grieving.

## About the Program

At Heartworks, specially trained facilitators help children and teens cope with the loss of a loved one through art, play, music, discussion, and remembering.

Adult family members also have a place to express their feelings and learn to understand better what their child is experiencing. Many times, lines of communication between a family and child open up where there had been little communication before.

The Heartworks support group provides a safe place to express feelings and develop healthy coping skills that can restore a sense of control and hope for the future.

## Frequently Asked Questions

### Who can benefit from Heartworks?

The Heartworks program at Family Hospice provides age-appropriate grief support groups for children and teens (ages four to 18) and their parents or guardians.

### When do support groups meet?

Groups meet twice a month, September through May. A light meal is served from 6 to 6:30 p.m., followed by the group meeting from 6:30 to 7:30 p.m.

### Where are the meetings held?

UPMC Williamsport Divine Providence Campus  
1100 Grampian Blvd., Third Floor, Williamsport

### How much does it cost?

There is no cost to attend. We are able to offer our Heartworks grief support services at no charge thanks to dedicated volunteer facilitators and community support.

### How can I get more information?

For more information about preregistering in our program, making a referral, becoming a volunteer, or arranging a workshop or presentation, call 570-320-7691.

### How can I become a volunteer?

Heartworks volunteers are specially trained and dedicated individuals united by their love for children. Our comprehensive training program is offered once a year to provide volunteers with the tools they need to give loving and compassionate support to grieving children, teens, and their families. Call **570-320-7691** for information on becoming a volunteer.

