

## **BEREAVEMENT ART GROUP** for young adults

Here are a few comments from some people who participated in this group.

### **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.”

“... was the feedback on my variety of grief perspectives on wrong and right actions ...”

“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 the UC Davis Children’s Hospital Bereavement Program, with a generous grant from Children’s Miracle Network Hospitals.

**UC DAVIS**  
**HEALTH SYSTEM**

## **GRIEF SUPPORT GROUP** for young adults

Young adult bereavement art group  
for people ages 17-24 years,  
coping with a recent death

### **HOME CARE & HOSPICE PROGRAM**

3630 Business Drive  
Sacramento, CA 95820

REGISTRATION: 916-734-1139

**UC DAVIS**  
**HEALTH SYSTEM**



The goal of the Young Adult Bereavement Art Group is to provide art therapy and bereavement support to a recognized and underserved population and to create an educational model that can be taught and used universally to support healthy grief recovery in the 17 – 24 year old population.



There are eight sessions which meet one evening a week, offered in the spring and fall of each year. This bereavement group is appropriate for any young adult, age 17-24, who is coping with the recent death of someone close to them.

**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

**Times:** 6 p.m. – 7:30 p.m.

**Location:** UC Davis Home Care Services Building  
3630 Business Drive, Suite “F”  
Sacramento, CA 95820

*(Business Drive is located off 14th Avenue,  
between 65th Avenue and Power Inn Road,  
south of Highway 50 and Folsom Boulevard)*

Group size is limited.

**For more information and to register,  
Please call 916-734-1139.**

We look forward to seeing you.