



Mountain of Hope, a grief support program for children, teens and their families will begin a peer support group in February 2009. The program is for any child and their family who has experienced the death of a family member or a friend.

Mountain of Hope is a peer support model. Children, teens and adults learn from their peers about grieving, feelings and how to cope with their loss. The expression of feelings in a safe place is part of the healing process. Activities will include art, games, stories, play and discussion. This will begin the work of healing and help to preserve the memory of the person who has died.

Groups will be divided into appropriate age groups and led by trained and supervised volunteers and VNA-Hospice staff. A separate support group for adult family members will also be available.

Where: Ossipee Crossings/O.C.C.

3 Dore St.

Center Ossipee, N.H

When: Thursday evenings

7:00 – 8:00pm

This program is a community service provided by the VNA-Hospice of Southern Carroll County & Vicinity, Wolfeboro, NH. and is offered at no cost. Pre-registration is required. Contact Sheryl Power, LICSW at 569-2729, ext. 230.