

CareFirst 2018 Grief Services Calendar of Events



Event Cost: \$15

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

GRIEVING YOUR VALENTINE: FEB 13th

6:00 pm - 7:30 pm
CareFirst Campus

Special holidays can take a new meaning when someone we love dies. This workshop is specifically designed for those experiencing the loss of a spouse or significant other.

You will have the opportunity to talk with other widows and widowers of all ages, share coping strategies for dealing with grief day-to-day, as well as on special holidays like Valentine's Day.

Participants will also be able to take part in a memorialization project by creating a valentine in honor of their loved one.



Event Cost: \$50 for the series

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TRANSITIONING TOGETHER SUPPORT GROUP

Tuesdays Feb 20 - Mar 27
1:00 pm - 2:30 pm
CareFirst Campus

This is a six session support group that meets weekly to provide a safe and supportive environment for those who have lost a loved one.

Grief is not a problem to be solved, but a process to be experienced. Although it is a normal and natural response to loss, understanding the impact of grief can make all the difference.

Come meet others who are also grieving, and share coping strategies to manage this difficult time.



Event Cost: \$20 per child, includes lunch

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

WINTER EXPRESSIONS

March 9th
9:00 am - 1:30 pm
CareFirst Campus

Hosted in collaboration with Lynn Winters Studio, this one day workshop is specially designed for children ages 6-17 who have lost or will be losing a loved one.

This special day will put a creative spin on the grieving process focusing on peer support, stress reduction, and expression of thoughts and feelings.

Year after year, local children enjoy this special event, where they meet other children who share similar feelings and coping strategies. It's fun!

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TURNING PAGES, HEALING PAIN



Event Cost: \$50 for the series

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TURNING PAGES, HEALING PAIN

Six week Book Club Tuesdays starting April 10
6:00 pm - 7:30 pm
CareFirst Campus

Books can be a powerful tool for those who are grieving. Through the words and pages, comfort, guidance, and new perspective can lend opportunity for healing.

Join us for a six-week supportive book club, led by a CareFirst bereavement professional.

Utilizing tangible books and Kindles, this new series is for book lovers everywhere! Space is limited to the first 15 paid registrants.

VOICES OF INSPIRATION: ANTICIPATORY GRIEF



Event Cost: \$15

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Register by Phone: 607.962.3100

VOICES OF INSPIRATION: ANTICIPATORY GRIEF

April 26
1:00 pm - 2:30 pm
CareFirst Campus

Facing the death of a loved one can provoke many thoughts and emotions, making it difficult to cope with the anticipation.

This one day workshop, led by a bereavement professional, will provide insight into grief and what one can expect to experience.

Topics will include an overview of grief, normal reactions one may experience, and coping strategies to help before and after the death of a loved one. \$15 workshop fee.

MEMORIAL DAY EVENT AT GLASSFEST



Event Cost: TBD Closer to Event

Check back in May for more information on registration requirements

MEMORIAL DAY GLASSFEST EVENT

May 26th
11:00 am - 7:00 pm
Market St, Corning

Join us in collaboration with the ARTS Council of the Southern Finger Lakes, as we recognize Memorial Day and the loved ones we have lost.

CareFirst will be present on Market Street in Corning during Glass Fest weekend to facilitate an arts project intended to recognize and honor those who are no longer with us.

People of all ages are welcome to stop by the table located in front of the ARTS Council and participate in a beautiful memorialization project.

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BUTTERFLY RELEASE POTLUCK LUNCH



Event Cost: Free, Butterflies Cost \$10 Each

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

BUTTERFLY RELEASE & POTLUCK LUNCH

June 9th
12:00 pm - 2:00 pm
CareFirst Campus

* This event is exclusively for our CareFirst hospice families who have had a loved one on our service. This is a special event where families can reconnect with their loved one's care team, and remember their loved one in a memorial service type setting.

Guests may submit photos of their loved one, share stories, and join in a mass butterfly release in remembrance of your loved one. Please bring a dish to pass and arrive at noon for lunch before the ceremony.

GOOD GRIEF DAY



Event Cost: \$15 per child

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

GOOD GRIEF DAY

June 29th
9:00 am - 1:30 pm
CareFirst Campus

Little hearts break too. This event is specialized to meet the needs of grieving children, ages 6-17, who have experienced the loss of a loved one.

Join us for a one day event that will include traditional camp activities combined with grief education and emotional support.

Activities will be facilitated by CareFirst bereavement professionals and trained volunteers and are sure to be both healing, and fun. Snacks and lunch included.

STITCHES OF COMFORT



Event Cost: \$25

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

STITCHES OF COMFORT

July 17th
6:00 pm - 7:30 pm
CareFirst Campus

Join a local fiber artist and a CareFirst bereavement professional to stitch a beautiful keepsake memory pillow from a long-sleeve shirt that belonged to your loved one.

It is a project that is homemade, heartfelt, and one that you and your family can cherish for generations to come.

This is a popular event which will be limited to the first 12 paid registrants. Don't wait, it will sell out!

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Event Cost: \$10

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NATIONAL GRIEF AWARENESS DAY: HARP & HEARTS

August 30th

6:00 pm - 7:30 pm

CareFirst Campus

Music has the power to connect listeners to thoughts and feelings that may be indescribable by words. In collaboration with Southeast Steuben County Library staff Maryalice Little and Erica Unterman, this hour and a half session of Harp & HeART will allow participants to create artwork inspired by the emotions elicited from music.

Let the music and your heart lead the way by listening to four different types of music to match four art mediums in order to create individual masterpieces.



Event Cost: \$50 for the series

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Register by Phone: 607.962.3100

ALTERNATIVE FORMS OF HEALING

Tuesdays Sept 4 - Oct 9

6:00 pm - 7:30 pm

CareFirst Campus

This six session group meets weekly to offer support and guidance to those who have experienced the loss of a loved one.

The focus will be on exploring alternative outlets for expressing our emotions, such as through art or using complimentary medicine.

There will be a guest speaker each week as well as time to talk with others who are grieving.



Event Cost: \$30, includes lunch

[Click Here to Register Online Today!](#)

Register by Phone: 607.962.3100

VOICES OF INSPIRATION FOR PROFESSIONALS

Sept 20th

12:00 pm - 1:30 pm

CareFirst Campus

Grief can often be complex and challenging to navigate. This is not only true for the grieving person, but at times, also true for the professionals who support them.

Join us as we provide grief-specific education to our professional partners in the tri-county area.

The workshop will be led by a Licensed Social Worker and will be offered in a lunch a learn format, food to be provided by CareFirst.

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STITCHES OF COMFORT

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October 23rd
6:00 pm - 7:30 pm
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Join a local fiber artist and a CareFirst bereavement professional to stitch a beautiful keepsake memory pillow from a long-sleeve shirt that belonged to your loved one.

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AUTUMN REFLECTIONS LUMINARY SERVICE

AUTUMN REFLECTIONS LUMINARY SERVICE

November 8th
6:00 pm - 8:00 pm
CareFirst Campus

Join CareFirst staff in honoring your loved one. This is a special event for families who have had someone on hospice services this past year. We will remember your loved one, share some snacks, a few tears, and hugs for healing.

Luminaries are available for \$5 each and can be decorated with messages to your loved one.

Immediately following the ceremony, join us for a supportive module entitled, "Surviving the Holidays", which includes a video and discussion.

Event Cost: Free Luminary Cost: \$5 each

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GRIEVING AT THE HOLIDAYS GLASS BLOWING

GRIEVING AT THE HOLIDAYS: GLASSBLOWING

THREE DATES THIS YEAR!
Nov 13; Dec 6; Dec 13
5:30 pm - 7:30 pm
Hands On Glass

This event is held in collaboration with a local glass blowing studio to provide grieving families an opportunity to honor a loved one at the holidays.

Each participant will have the opportunity to create a hand-blown glass ornament that can be hung on your tree year after year as a special remembrance of those we hold in our hearts.

Event Cost: \$30

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REGISTER EARLY- THESE WILL SELL OUT!

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Event Cost: FREE

Call for more information: 607.962.3100

SURVIVORS OF SUICIDE LOSS DAY

November 17th
12:30 pm - 3:30 pm
CareFirst Campus

An international effort “in recognition of the fact that suicide knows no geographic or national boundaries;” this event is offered in collaboration with the American Foundation for Suicide Prevention to provide “a day on which friends and family of those who have died by suicide can join together for healing and support”.

Visit WWW.AFSP.ORG/SURVIVORDAY for more information.

While many people find comfort and support at our grief events and support groups, they aren't for everyone. At CareFirst, our mission to serve is of utmost priority.

Certified Grief Counselors are on hand to lend a listening ear, provide resources and referrals, and to offer a reassuring presence to all in need, even if your loved one was not on hospice. You are not alone in your grief journey. If you need to talk, give us a call at 607.962.3100.

When a loved one dies on hospice, grieving family members receive outreach and materials for a period of thirteen months, highlighting some common loss milestones and emotions. We also facilitate a Grief Resource Program in most local school districts. If your business, membership or group would like more information on how CareFirst can provide Grief support or education, email GriefServices@carefirstny.org.

CareFirst feels privileged to provide palliative care, hospice, and grief service programs to families living in Chemung, Schuyler and Steuben counties.

We are honored to support our friends and neighbors when they need us the most, thanks to the generosity of the community, who philanthropically support our efforts.

Thank you for believing in our work.

Chelsea Ambrose, LMSW CT ACHP-SW
Director of Counseling and Collaborative Services
CareFirst