

HEARTplay FALL 2021



HEARTplaySM is a heart-centered bereavement program which offers support services for children, young adults of all abilities who are coping with the life-limiting illness or death of an important person in their lives. Licensed mental health counselors and expressive therapists use movement, music, art, play, and discussion to help participants explore and express feelings associated with grief and loss. Participants are invited to honor their person, learn about the grieving process, and connect with peers who have experienced a similar loss. **All programs are offered at no cost to all families.** We strive to offer programs and services that are trauma-informed and responsive to the needs of families in our communities.

HEARTplay Groups:

HEARTplay WEST/EAST

*1st Saturday of each month beginning
October 2, 2021 (in person: Oct/Nov. In Wayland,
Dec. in Newton)*
Pre-School 9:15-10am
*Ages 6-12 10am-12pm**
Teens 1-3pm

***Caregiver support groups
offered HEARTplay Saturdays 10am-12pm.**

HEARTplay YOUNG ADULT

Two Sundays per month 5-6pm (on zoom)

HEARTplay AFTER-SCHOOL

Wednesdays 4:30-5:30 pm (on zoom)
*Elementary and Teen groups, alternating
Wednesdays*

Corazón a Corazón: A Spanish Speaking HEARTplay Group

2nd Saturday of each month (on zoom)
Ages 6-12: 10-11 am
Teens: 11 am-12 noon

Coração a Coração: A Portuguese Speaking HEARTplay Group

One Saturday per month Time TBD
Children & Teens of all ages welcome

Registration required.

New participants, register at:
heartplayprogram.org/registration

Workshops & Special Events:

CAMP HEARTplay

*One-day camp experiences during
school holidays/vacation weeks*

HEARTplay Grandparent Loss Workshop

*1st Wednesday of each month
5:30-6:30pm (on zoom)*

HEARTplay Holiday Workshops

*Evening family events focused on
preparing for the holidays while grieving*

Registration required.

New participants, register at:
heartplayprogram.org/special-events

*All programs are offered at **no cost** to all families.*

Programs will be held on zoom and/or in person. In person programs are in Wayland, MA or Newton, MA.

Visit heartplayprogram.org/heartplay-groups for a detailed calendar.



Beth Israel Lahey Health
At Home



Questions, contact: Jennifer Wiles, HEARTplay Director
508-309-5107 or jwiles@mah.harvard.edu