

Bereavement Support for children, teens and their families



SHELL @ Mt. Hood Hospice Support & Healing for Early Life Losses



SHELL (Support and Healing for Early Life Losses) at Mt. Hood Hospice provides support for children, teens and their families grieving the death of someone close. Whether its been weeks, months or years since your loss, sharing your experiences with others who have been there can help. **SHELL @ Mt. Hood Hospice** offers a safe place for young people and their families to share feelings and tell their stories. Our groups are facilitated by compassionate, trained volunteers and supervised by qualified professionals. Groups meet at Mt. Hood Hospice offices in Sandy or in Gresham and are open to all at no cost.

Our Groups

Littles: The children's group is for kids ages 5-11. Kids are invited to express their thoughts and feelings through a talking circle and various play activities.

Teens: The teen group is for young people ages 12-18. Teens share stories and feelings and can participate in expressive arts activities such as journaling, compiling memory boxes and working in clay.

Adults: Adults receive support through their own grief experiences and information on supporting their children in theirs.

Our Philosophy

SHELL@ Mt. Hood Hospice does not provide therapy or counseling. We believe that grief is a natural reaction to the loss of a loved one for children as well as adults. We believe that each individual has the capacity to heal, that the duration and intensity of grief are unique to each of us and that caring, sharing and acceptance assist in the healing process.

Meeting Times and Contact Info

We have just finished our winter program and are currently scheduling our summer meetings. Please contact Emilie, 503-668-5545 or email e.cartoun@mthoodhospice.org for meeting times and location.

Emilie, 503-668-5545, e.cartoun@mthoodhospice.org



*The tide recedes but leaves behind bright seashells on the sand;
The sun goes down but gentle warmth still lingers on the land;
The music stops, and yet it echoes on in sweet refrains ...
For every joy that passes, something beautiful remains.*

- Hadin Marshall

