



USING EXPRESSIVE ARTS TO NAVIGATE GRIEF: TWO WORKSHOPS

The arts are a powerful tool to both express and calm feelings of grief for adults, and can be a language used to understand and communicate with bereaved young people. We are offering two workshops this winter on the arts. In both programs, a few specific expressive arts will be explored, and additional examples will be discussed.

- *How to Use Expressive Arts: A Workshop for Caregivers of Bereaved Young People.*
Saturday, Feb. 27, 10 a.m. to noon
This one-time workshop is for parents and caregivers of grieving young people. Participants will learn how to use and interpret expressive art with grieving young people and will receive specific exercises to try with young people.
- *Grieving Through Expressive Art: A 4-week Group for Adults.*
Saturdays, March 6 through March 27, 10 a.m. to noon
This workshop will focus on four different modes of expressive art.

Participants will receive materials with ideas and instructions about specific activities to do with others and for themselves. Programs will take place at the Nina K. Miller Hospicare Center, 172 East King Road, Ithaca.

Both groups will be led by Kira Lallas, LMSW, who is Hospicare's Hospice and Community Bereavement Counselor. She has a background as a professional theatre artist, a family lineage of visual and craft artists, and a love of all arts. She brings together her expertise in both arts and grief in these programs.

Registration is required with Kira at klallas@hospicare.org or 607-272-0212.

Full descriptions of workshops on following pages.

HOW TO USE EXPRESSIVE ARTS: A WORKSHOP FOR CAREGIVERS OF BEREAVED YOUNG PEOPLE

Saturday, Feb. 27, 10 a.m. to noon

Often young people are expected to talk about their feelings and process significant events in ways adults do, which is not always a natural mode of expression for young people. This workshop for caregivers will focus on using the expressive arts to help young people process grief, will discuss being a grieving adult caring for grieving children, why expressive arts are helpful to process grief, and will provide an opportunity for hands-on experience with a few expressive arts activities for caregivers to do with grieving young people.

The group will focus on the following expressive arts in particular:

Writing

Writing can be a powerful tool for teens, and a collective act for families with younger children. It can be a way for a young person to express private feelings, ask questions, and understand their process better. It can be a tool for communication among family members as well. The workshop will discuss and/or try free writing, writing with prompts, family journals and letter writing as a tool through the process of grief.

Visual art

Painting, drawing and coloring are wonderful ways to express feelings non-verbally. This is a natural mode for people of all ages, especially for young people that can both communicate and heal. It can also provide many ways to beginning verbal conversations. Free painting, mandalas, masks and collage will be explored in the workshop.

Memorial Crafts

There are many crafts that can be made for or in honor of a loved one who died that can help young people to remember and move forward through grief. Creating a quilt, memory box, scrapbook, altar, frame, and some more abstract projects can create a literal container for intense feelings that can continue to evolve with time and experience.

Registration is required with Kira Lallas at klallas@hospicare.org or 607-272-0212.

GRIEVING THROUGH EXPRESSIVE ART: A 4-WEEK GROUP FOR ADULTS

Saturdays, March 6 through March 27, 10 a.m. to noon

This workshop for adults is intended to provide participants with an introduction to and experience of expressive arts as they can help one through grief. Each of the four sessions will have a different focus, with connective threads throughout. The group will focus on the following expressive arts in particular:

Writing and storytelling

Writing can be a powerful tool to express feelings, ask questions, and understand one's process. The workshop will discuss and try free writing, writing with prompts, poems, letter writing and sharing one's stories aloud as tools through grief.

Visual art

Creating visual art can be expressive as well as calming. Free painting, mandalas, masks and collage will be explored.

Memorial Crafts

There are many crafts that can be made for or in honor of a loved one who died that can help to remember and move forward through grief. Creating a quilt, memory box, scrapbook, altar, frame, and some more abstract projects can create a literal container for intense feelings that can continue to evolve with time and experience.

Music

Music is a powerful form accompanying many through life, and through grief. It holds memories, can draw feelings out, and provide comfort. Music will be used to facilitate sharing of oneself, of deceased loved one, and of grief.

Registration is required with Kira Lallas at klallas@hospicare.org or 607-272-0212.