

Me, Too. & Company

supporting children
and families in grief

09-10 SCHEDULE

**Fall Group Starts
September 29**

Winter Groups: February

Spring Groups: May
call to register

**503.220.1000 or
503.215.CARE**

Clinicians

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What is Me, Too. & Company?

Me, Too. & Company is a program supporting children and families who have experienced the death of a parent, sibling, child, relative, or friend. We offer support groups for the whole family—at the same location, at the same time, in different rooms. All groups are professionally facilitated by a Masters level clinician and specially trained volunteers.

Me, Too. & Company is a program of Legacy Hospice Services, the Oregon Hospice Association and Providence Hospice Programs. Groups are conveniently located close in the Portland-Metro area. Services are offered to participants at no cost.

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

The **teen group** is for kids ages 12-18. In the company of peers, teens participate in a talking circle and expressive arts activities, including mask-making, working with clay and compiling memory books to honor the person who died in their lives.

The **adult group** has a dual focus. Participants receive support for their own grief and gain a better understanding of how children grieve. Adults also learn how to support their children in having a productive grief process.

Me, Too. & Company is not the same as therapy or counseling. The program combines peer support and education for families. Support groups can be an effective means of helping children, teens, and adults after someone has died.

Me, Too. & Company offers a *family approach* to grief support.

A loss affects the whole family, and families can benefit from exploring ways to better understand and support one another. Parents are integral players and allies in a child's process of healing through grief. Parents may need support to understand how best to provide information and support their children, given a child's developmental level and special needs.

Who should come to Me, Too. & Company groups?

Any child who has suffered a loss would benefit; even children who are not outwardly struggling report benefits from the program. Children benefit because the program validates the uniqueness of each child's experience. Some kids manifest their grief outwardly, and some kids manifest their grief inwardly, which may be less apparent to parents and caregivers. Because children often do not have the same abilities as adults have to talk about their feelings or to ask for the help they need, Me, Too. & Company provides children with other outlets, such as play and art activities to express their sad, hurt or angry feelings. Parents hoping to open up communication within their family should come, too, as well as parents seeking a supportive environment to balance their own grief needs with the demands of parenting. The Me, Too. & Company clinical coordinators can help you explore whether your child or family might benefit from a grief support program.

Me, Too. & Company responds to requests from the community.

Clinicians are available to work with local schools to create individualized plans that respond to grief support needs in instances where a student, parent, teacher or other influential community leader has died. Me, Too. & Company staff can aid in developing onsite grief support groups at school, as well as provide educational opportunities for school staff. Grief support resources for the broader community are also available.

For information, please call 503.228.2104.

Me, Too. & Company operates under the non-profit status of the Oregon Hospice Association.

