

hcp | The Journey Program

Newsletter/Program Schedule January-March 2024

www.hospiceofcentralpa.org

 We continue to offer programs both in person and via Zoom. Please note designation for each program. 



Crafting Event

Building an Emotional Toolbox

 This Program is Being Offered In Person

Join us in creating a personal emotional tool box to find comfort and support as you work your way through your grief. The purpose is to create a safe place to store support items and resources that help to comfort you when you need it the most. You can honor your loved one, learn and explore different ways to navigate your grief process, and discover what gives you comfort during this difficult time.

A box and materials will be provided for you to fill and decorate. You are encouraged to bring items from home that you find comforting.

Some ideas for what to bring: pictures, journal (small), coloring book, pencils, markers, phone numbers of those you can call, plans for self-care and items that might calm or ground you.

This workshop is open to individuals and families. You will receive a call prior to the workshop to answer questions and to discuss what to bring.

When: Saturday, March 23rd
from 10:00-12:00 pm

Where: HCP Community Center
1320 Linglestown Road, Harrisburg



*\$3.00 donation requested
but not required.*

**RSVP REQUIRED one week
prior to event.**

Horticulture Program - A New Leaf

A Creative Experience in Exploring Grief



*This program will be offered in May-June
2024. Look for more information
in the next newsletter.*

CAMP DRAGONFLY 2024



*A weekend camp for children,
ages 6-15, who are grieving the
loss of a loved one.*

Camp Dragonfly offers an environment where children can openly express their feelings of loss with other children their age, learn healthy ways of coping with loss and have fun in a camp setting. A parent/guardian program is offered on Sunday morning as part of the Camp Dragonfly Program.

Camp Dragonfly is facilitated by trained bereavement counselors and volunteers and is FREE for all participants.

2024 Schedule

Where: Camp Hebron in Halifax, PA
When: Friday, June 7th – Sunday, June 9th
(Friday evening through Sunday afternoon)

For more information on Camp Dragonfly and/or to request a camper application, please call 717-732-1000 or 866-779-7374 or visit our website at hospiceofcentralpa.org

**A separate mailing will be sent to all on our
Journey Program mailing list with more information
about Camp Dragonfly in early 2024.**



HCP is looking for volunteers!



Many of our most loyal volunteers are those who used our hospice services for their loved ones and stayed in touch through the bereavement program. These volunteers decided to honor the memory of their loved one through giving their time and getting more involved with HCP. They give back to their community and form new connections with their fellow volunteers who have similar values.

Volunteers work with patients and families at every stage of their hospice journey. For example, our volunteers can choose to sit at a patient's bedside to offer a break for a caregiver, provide support at a special event like the Butterfly Release, or help with bereavement mailings. Whatever you decide to do at HCP, know that you will make a difference for our patients and their families.

If you would like to hear more about volunteering with HCP, please call 717-732-1000 and ask to speak with a volunteer coordinator, or email us at volunteers@hospiceofcentralpa.org. We look forward to hearing from you.

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

Hospice of Central PA offers grief support and education in a variety of formats, including individual visits, educational series, phone contacts, social programs and support groups. Our programs are held at different locations throughout the community and are offered to the public free of charge.



EDUCATIONAL PROGRAMS

Newly Bereaved Series

 *This Program is Being Offered In Person*

This 3-week program is for adults who have experienced a loss ***within the past 3 months***. This program is a combination of education, discussion and group support.

EAST SHORE LOCATION

Tuesdays, Jan. 9th, 16th, & 23rd
from 6:30-8:00 pm

Where: HCP Community Center
1320 Linglestown Road, Harrisburg

RSVP one week prior to the start of the series.

WEST SHORE LOCATION

Mondays, March 4th, 11th, & 18th
from 2:00-3:30 pm

Where: Trinity Lutheran Church
2000 Chestnut Street, Camp Hill

RSVP one week prior to the start of the series.



Passages Programs

These educational/support programs are for adults who have experienced a loss ***within the past 2 years***. A specific topic will be discussed monthly.

Topics Covered for this quarter:

January — *Health & Wellness in the New Year*

February — *Navigating Significant Days*

March — *Overlooked Grief*

VIRTUAL PASSAGES

2nd Monday of the month
from 6:30-8:00 pm

January 8th, February 12th, & March 11th

WEST SHORE PASSAGES

4th Monday of the month
from 6:30-8:00 pm

January 22nd, February 26th, March 25th

St. Paul's United Church of Christ
626 Williams Grove Road
Mechanicsburg, PA 17055

Please RSVP one week prior to the meeting.

Growing Through Grief Series

This 5-week program offers education and discussion on the grief process. This group is for adults who have experienced the death of a loved one ***within the past 2 years***.

Topics that will be covered include:

- *Understanding Your Grief*
- *The Emotions of Grief*
- *Styles of Grieving*
- *Levels of Loss*
- *How Different Types of Losses May Impact Us in Different Ways*
- *Reflections on Healing and Wellness*

EAST SHORE LOCATION

Mondays, February 12th, 19th, 26th,
March 4th, & 11th
from 2:00-3:30 pm

 **Where: HCP Community Center**
1320 Linglestown Road, Harrisburg

WEST SHORE LOCATION

Tuesdays, March 26th, April 2nd,
9th, 16th & 23rd
from 6:30-8:00 pm

 **Where: Trinity Lutheran Church**
2000 Chestnut Street, Camp Hill

Please RSVP one week prior to the start of this series.



Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

MONTHLY SUPPORT GROUPS

Please contact The Journey Program to help you determine which group best meets your needs.

Please RSVP one week prior to the meeting

to 717-732-1000 ex. 2428 (day) or 717-943-1045 (evening/weekend).

Parental Loss

A monthly support group for parents who experienced the death of an adult child ***within the past 2 years***.

1st Monday of the month from 6:30-8:00 pm
January 8th, February 5th, & March 4th

 HCP Community Center
1320 Linglestown Rd., Harrisburg, PA

Harmony

This group is for adults **generally age 64 and younger** who have lost a spouse, domestic partner, or significant other ***within the past 2 years*** and are looking for support and balance in a busy lifestyle. Common challenges **may** include a work/life balance, full-time parenting, navigating home challenges, and maintaining a social life.

1st Tuesday of the month from 6:30-8:00 pm
January 2nd, February 6th, & March 5th

 HCP Community Center
1320 Linglestown Rd., Harrisburg, PA

Connections

This group is for adults who have experienced the death of an adult sibling ***within the past 2 years***. This group is intended to offer a space for participants to share their own story and listen to other surviving siblings.

3rd Thursday of the month
from 6:30-8:00 pm

January 18th, February 15th, & March 21st

 Where: HCP Community Center
1320 Linglestown Road, Harrisburg, PA

Generations

This is an ongoing support group for adults who have experienced the death of a parent, grandparent or parent figure ***within the past 2 years***.

3rd Wednesday of the month from 6:30-8:00 pm

 HCP Community Center*
1320 Linglestown Rd., Harrisburg, PA

January 17th, February 21st, & March 20th

**now in person!*

Transitions

This group is for adults **generally age 65 and older** who have lost a spouse, domestic partner or significant other ***within the past 2 years*** and are experiencing changes in roles and living situations. Common challenges may include balancing work, planning retirement, grandparenthood, living alone, and seeking new social relationships.

Transitions I

 **Virtual Meeting**

2nd Thursday of the month
from 2:00-3:30 pm

January 11th, February 8th, & March 14th

Transitions II

 **In-Person Meeting**

4th Thursday of the month
from 2:00-3:30 pm

January 25th, February 22nd, & March 28th

HCP Community Center

1320 Linglestown Rd., Harrisburg, PA

****You can sign up for ONE session per month!****



STEPS

Support

Trust

Empathy

Perseverance

Strength

This program is for adults who are approaching or have reached the 2 year point in their grief journey. This program will explore some challenges and special topics with the focus on moving forward to the future.

1st Wednesday of the month from 3:30-5:00 pm

 HCP Community Center
1320 Linglestown Rd., Harrisburg, PA

Please RSVP one week prior to the meeting.

Topics to be covered:

January 3rd

Keep or Let Go:

A Decision I Need to Make

February 7th

My Story &

How Has It Changed?

March 6th

Travel for One

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

Social Programs



This Program is Being Offered In Person



Ladies' Luncheon

****Attendees pay for their own meal/drink****

**Please RSVP for social programs
one week prior to event.**

These luncheons are available to women who have experienced the loss of a spouse, domestic partner, or significant other **within the past 3 years**. The luncheon is intended for socialization and education on grief-related topics. It will be held **1:00-3:00 pm** at various restaurants in Central PA. **(Please register for one ONLY)**

EAST SHORE - 2nd Tuesday of the month

- Jan. 9th** – Gilligan's Bar & Grill
10 N. Houcks Rd., Harrisburg
- Feb. 13th** – Gabriella's Italian Restaurant
3907 Jonestown Rd., Harrisburg
- Mar. 12th** – Peachtree Restaurant
251 N. Progress Ave., Harrisburg

WEST SHORE - 4th Tuesday of the month

- Jan. 23rd** – Isaac's Craft Kitchen & Brewery
4940 Ritter Rd., Mechanicsburg
- Feb. 27th** – Vito's Italian Ristorante
1150 Lowther Rd., Camp Hill
- Mar. 26th** – Hampden Diner
6055 Carlisle Pike, Mechanicsburg



Pottsville Support Luncheon

This social program is designed for all adults who have experienced the loss of a loved one **within the past 3 years**.

Vito's Coal Fired Pizza and Restaurant
400 Terry Rich Blvd., Suite 5, St. Clair, PA
**Tuesdays, January 9th, February 13th, &
March 12th** from 1:00-2:30 pm



Men's Breakfast

This is a monthly breakfast designed for men who have experienced the loss of a spouse, domestic partner, or significant other **within the past 3 years**. It is held the **1st Wednesday** of the month from **9:00-10:30 am** at various restaurants in Central PA.

- Jan. 3rd** – Walnut Bottom Diner
936 Walnut Bottom Rd., Carlisle
- Feb. 7th** – IHOP
4002 Union Deposit Rd., Harrisburg
- Mar. 6th** – Bakers Diner
515 North US 15, Dillsburg

Journeys Coffee Break



This Program is Being Offered In Person

Take a break in your day to join others for education and conversation on grief-related topics. This program is designed for all adults who have experienced the loss of a loved one **within the past 3 years**.

****Attendees pay for their own meal/drink****

Perkins Restaurant & Bakery
7 Erford Rd., Lemoyne

**Wednesdays, January 17th, February 21st, &
March 20th** from 2:00-3:30 pm

Please RSVP one week prior to the meeting.

Moving Forward Book Club

Join us for our book group discussion series, ***Moving Forward***, geared toward those who have suffered a loss or tragedy and could use an infusion of hope. The book club is held in cooperation with the Cleve J. Fredericksen Library. Books will focus on the redemptive power of the human spirit. **The group starts at 1:00 pm.**

Jan. 3rd – Podcast: "All There Is": Episode 2
"Grateful for Grief"
with Anderson Cooper & Stephen Colbert
Registration begins Dec. 1st

Feb. 7th – *The Solace of Water*
By: Elizabeth Byler Younts
Join us and the book's author for this
months discussion!
Registration begins Jan. 1st

Mar. 6th – *A Grief Observed*
By: C.S. Lewis
Registration begins Feb. 1st

Apr. 3rd – *Where the River Ends*
By: Charles Martin
Registration begins March 1st



**Please read book/listen to Podcast
prior to group!**

**Program is for persons 18 and over.
Books are not provided**

**Contact Fredricksen Library at 717-761-3900, ext. 225
or www.fredricksenlibrary.org
for registration and in person or zoom status.**

HCP'S COMMUNITY CARING CENTER

1320 Linglestown Road • Harrisburg, PA 17110
717-732-1000



POTTSVILLE OFFICE

401 Beechwood Avenue • Mar Lin, PA 17951
570-628-2290

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

All of our bereavement programs are open to the entire community, regardless of whether your loved one was cared for by our agency. HCP provides services without regard to ability to pay, age, sex, race, national origin, religion, disability, Veteran status, gender identity or sexual orientation.