

hcp | The Journey Program

Newsletter/Program Schedule April-June 2024

www.hospiceofcentralpa.org

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

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

Program starts Friday, June 7th at 6pm through Sunday, June 9th at 3pm

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



Walk and Talk



We will enjoy a leisurely walk around the larger loop of the park. Meet at the train car at the main entrance of the park. Refreshments will be offered after the walk.

 *This Program is Being Offered In Person*

Tuesday, April 30th from 9:00-10:30 am

(Rain Date: Tuesday May 7th, 9:00-10:30 am)

Adams–Ricci Park (meet at the train car)

100 East Penn Drive, Enola, PA 17025

RSVP by Friday April 26th



"When supporting someone who is grieving, understand that you're not trying to get them back on track. You're walking beside them as they chart a new course."

– WPSU Grief

Horticulture Program

A Creative Experience in Exploring Grief

Join us to explore how nature teaches us to heal. Horticultural therapy is used to inspire personal growth and to find a way through grief using plants, herbs, flowers, and the study of nature. Journaling, self-care, gratitude, identifying strengths, and sharing our stories is the focus.

This series is open for all adults grieving the loss a loved one.

Facilitator: Betty Guise, HT LSW

When: Thursdays, May 2nd, 9th, 16th, 23rd and 30th

from 1:00-2:15 pm

 **Where:** Faith Immanuel Presbyterian Church

1801 Colonial Road, Harrisburg, PA 17112

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



\$5.00 donation suggested, not required.

Masks will be required and a COVID Screening will be completed weekly.

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

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.**

Apr. 3rd — *Where the River Ends*

By: Charles Martin

Registration begins March 1st

May 1st — *Moving On Doesn't Mean Letting Go*

By: Gina Moffa LCSW

Registration begins April 1st

June 5th — *Our Beating Hearts*

By: Herd Alan Midkiff

Registration begins May 1st

July 3rd — *Lily and the Octopus*

By: Steven Rowley

Registration begins June 1st



Please read book 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.

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:

April — *Spring is coming, so what?*

May — *Celebrating mothers and fathers*

June — *Relationships: How they have changed*

VIRTUAL PASSAGES

2nd Monday of the month

from 6:30-8:00 pm

April 8th, May 13th, & June 10th

WEST SHORE PASSAGES

4th Monday of the month

from 6:30-8:00 pm

April 22nd, *May 20th, & June 24th

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

**Note: May's session is changed due to holiday.*

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*



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.

Afterglow

by Helen Lowrie Marshall

I'd like the memory of me to be a happy one.

I'd like to leave an afterglow of smiles when life is done.

*I'd like to leave an echo whispering softly down the ways,
Of happy times and laughing times and bright and sunny days.*

I'd like the tears of those who grieve, to dry before the sun;

Of happy memories that I leave when life is done.

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

April 8th, May 6th, & June 3rd



HCP Community Center

1320 Linglestown Road, 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

April 2nd, May 7th, & June 4th



HCP Community Center

1320 Linglestown Road, 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

April 18th, May 16th, & June 20th



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 Road, Harrisburg, PA

April 17th, May 15th, & June 19th

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.

West Shore Transitions

2nd Thursday of the month

from 2:00-3:30 pm

April 11th, May 9th, & June 13th



St. Paul's United Church of Christ

626 Williams Grove Rd., Mechanicsburg, PA

East Shore Transitions

4th Thursday of the month

from 2:00-3:30 pm

April 25th, May 23rd, & June 27th



HCP Community Center

1320 Linglestown Road, 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 Road, Harrisburg, PA

Please RSVP one week prior to the meeting.

Topics to be covered:

April 3rd

*Social Connections:
Dating and Friendships*

May 1st

*Forever Grief:
What does it mean now?*

June 5th

Finding a New Purpose

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.

EAST SHORE - 2nd Tuesday of the month

April 9th – Paxtang Grille
3323 Derry Street, Harrisburg

***May 7th** – Mellow Minded Café
5943 Linglestown Road, Harrisburg
**Note date change*

June 11th – JoJo's on 22nd
7800 Allentown Blvd., Harrisburg

WEST SHORE - 4th Tuesday of the month

April 23rd – Marzoni's Brick Oven & Brewing Co.
4925 Ritter Road, Mechanicsburg

May 28th – Snappers Bar & Grill
120 E. Allen Street, Mechanicsburg

June 25th – John's Diner
146 Sheraton Drive, New Cumberland

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, April 9th, May 14th, & June 11th
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.

April 3rd – Peachtree Restaurant
251 N. Progress Avenue, Harrisburg

May 1st – Fairgrounds Diner
1111 Carlisle Springs Road, Carlisle

June 5th – Cracker Barrel
2525 Brindle Drive, Harrisburg

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 Road, Lemoyne

Wednesdays, April 17th, May 15th, & June 19th
from 2:00-3:30 pm

Please RSVP one week prior to the meeting.

We look forward to you joining us for our ANNUAL BUTTERFLY RELEASE

Save the date for

July 7th -Harrisburg
HACC, Harrisburg Campus

July 14th - Pottsville
Bubeck Park

July 21st - Carlisle
Thornwald Park Amphitheatre



Stay up-to-date on our website –

www.hospiceofcentralpa.org/events

or follow us on Facebook. **Questions?**

Please contact the Development Department at
(717) 943-1052 or ylynch@hospiceofcentralpa.org.

Remembering Mom & Dad on Mother's Day and Father's Day:

-  Make their favorite meal or dessert
-  Light a candle in their memory
-  Place a photo on the table
-  Write them a letter
-  Do something that would have made your loved one smile
-  Spend time in a place where you feel close to their memory



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.