

It is only when we know we have a limited time on earth—and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it were the only one we had.

Elisabeth Kübler-Ross



Adults frequently protect children from the grief and reality of a life threatening illness. We tell ourselves that children will not be able to understand what is happening when in fact they usually know more than we think they do.

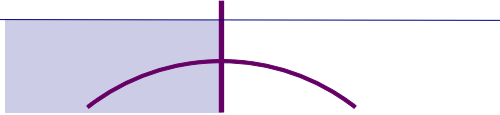
The mission of Journey of Hope Grief Support Center is to provide support at no cost for children, teens, young adults and their families as they learn to mourn the death or impending death of their loved one in a safe, caring and nurturing environment.

Journey of Hope Grief Support Center

Journey of Hope Grief Support Center was founded in 1997 by seven caring people who saw the need to support children, teens and families in the North Texas area when they had experienced the death of a loved one. The first no fee support groups were held in June, 1998, and have continued since that time.

In 2006, the Board of Directors saw the wisdom of enlarging the mission to provide support groups for children and their families when someone they loved was terminally ill or suffering from a long-term, life threatening illness.

Treasured Times is the name given to this effort. Treasured Times groups began in March, 2006.



Treasured Times Support Program



A no-cost peer support program for children, teens and their families when someone they are close to is suffering a terminal or life-threatening illness



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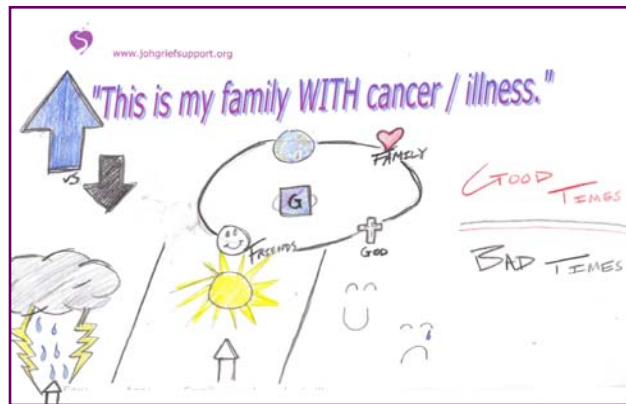
Where Children's Hearts Begin to Heal

Treasured Times

- *Treasured Times* is for the whole family.
- Children and teens are grouped with others in their age range and adults meet together.
- The person who is ill may also attend.

Its a place to get all your emotions out.
Taylor, Age: 11

- *Treasured Times* support groups are led by trained facilitators.
- Groups meet twice each month.
- Child/teen groups provide art projects, games, discussion and other activities that encourage healthy expression of emotions and building special memories with the person who is ill.



Treasured Times

is not looking at the end, it's looking at the NOW—and the quality of life and relationships that we want to strengthen no matter what the future brings.

When someone we love has a life threatening illness

it is difficult to think about the future. Talking about the realities of what is happening is not easy, and so, we often don't. It is hard to include children in decisions and discussions that we, as adults, do not have answers for and do not want to face. We often leave them out. Taking care of responsibilities, our loved one, our children and ourselves is overwhelming. We often feel guilt, hurt, anger and hopelessness.

Treasured Times

may help overcome barriers of communication, so that there can be a new intimacy.

Treasured Times

helps everyone understand the "elephant in the room."

Families interested in Treasured Times are invited to contact Journey of Hope Grief Support Center to schedule an orientation interview.

Journey Of Hope Grief Support Center

972-964-1600
972-964-1602 fax

<http://www.johgriefsupport.org>
program@johgriefsupport.org

Journey of Hope grief Support Center, Inc is a 501C.3 nonprofit corporation. Donations to the Center are tax deductible.