



# KIDS CAN COPE WORKSHOPS

Hospice Family Centre

## Goals of Kids Can Cope

Support the family unit when a loved one has been diagnosed with a life threatening illness, by including them in the experience

Identify common barriers regarding talking to children and teens about serious illness and death

Recognize and learn from children's extraordinary capacities to understand and live with issues related to serious illness and death

Answer questions honestly using age appropriate language

Provide children/teens and families with coping tools to help reduce stress and encourage ongoing conversation

**An interactive workshop for family members who are living with someone who has a life threatening illness**

### Details:

Offered monthly

Led by trained therapists and professional staff

Large and small group activities involving expressive play therapy

Group discussions



For more information call 519-743-4114  
[www.hospicewaterloo.ca](http://www.hospicewaterloo.ca)