



VNA HOSPICE NWI

Phoenix Center

The VNA Phoenix Center provides a safe and supportive environment for children, teens, young adults, and their families as they grieve. Through a variety of fun and age appropriate activities, youth and families have the opportunity to interact with peers, learn and practice coping skills, express their feelings, and tell their stories.



WE BELIEVE THAT:

- + Grief is a natural reaction to the loss of a loved one
- + The duration and intensity of grief is unique for each individual
- + There are no "right" or "wrong" emotions
- + Within each individual is the capacity to heal with support and compassion



MORE INFO:

- + Peer support groups led by trained adult facilitators
- + Free of cost & open to everyone
- + Start and end attendance whenever you or your family feel ready

TIMES:

- + Teens (Highschool+):
Every other Monday from 6:30-7:30pm
- + Littles (ages 5-9), Middles (ages 10-13) & Adults:
Every other Wednesday from 6:30-7:30pm



LOCATION:

VNA Hospice NWI
Phoenix Center
501 Marquette St.
Valparaiso, IN 46383

(219) 462-5195 | vnanwi.org



CONTACT:

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