

A large, stylized graphic of an eye. The eye is composed of several concentric shapes: a central black circle, a blue ring, a white ring, and a black outer ring. The eye is set against a purple background with black, brush-like strokes radiating from the top. The text 'finding meaning' is overlaid on the right side of the eye.

finding
meaning

a young adult
creative arts
therapy group

sponsored by Open Arms Hospice and The Applied Theatre Center



Giving words to a traumatic experience is hard,

but it's also essential to our ongoing psychological health. The loss of someone close to us can have profound effects: anxiety, fear, depression, isolation and difficulty carrying on with the normal activities of life. If you're

in high school or college and you've suffered a

loss that's intruding on your ability to function normally,

or if you want to process your loss and find meaning in the experience, **this group is designed for you.**

- The Finding Meaning group uses **expressive arts therapies** to explore memories of lost loved ones. Through **narrative,**

storytelling, art and drama we share those memories first with ourselves, then with other group members, and finally with families and friends.

- In addition to the group therapeutic process, **individual counselors** are available to members of the group.
- **We keep the group small,** between 6 and 15 members. Participants are high school or college age (about 13-20 years of age), and they're asked to attend all meetings. No one is discriminated against on the basis of race, religion, creed, nationality or sexual orientation.

Group leaders

- **Dr. Dale Savidge**, the group facilitator, is a drama therapist under supervision with Heidi Landis, RDT, LCAT.
- **Chaplain Cindy Adair Inman**, the group co-facilitator, is the Bereavement Coordinator for Open Arms Hospice, Bon Secours St. Francis Health System.

Schedule for 2017-18

Groups run for six weeks on Wednesday nights 6:00 - 7:15 pm. Locations TBA (participants notified by email).

- October 11 - November 15, 2017
- January 17 - February 21, 2018
- April 4 - May 9, 2018

Registration, fees and information

The Finding Meaning fee is \$10 per session, but please contact us if you have a financial need. No one will be denied the benefits of this group because they can't pay.

Register online at appliedtheatrecenter.org.

For more information, contact Dale Savidge at dsavidge@appliedtheatrecenter.org or Cindy Adair Inman at Cindy_Inman@bshsi.org.

“After our daughter’s first session ... she came home and gave me a hug. She said she finally felt peace. I knew we had found the right place for her to reconcile her grief. We are so grateful.”

– Parent of 2016 participant

GIVE SORROW WORDS.

THE GRIEF THAT DOES NOT SPEAK WHISPERS THE O'ERFRAUGHT HEART AND BIDS IT BREAK.*



OPEN ARMS HOSPICE
Bon Secours St. Francis Health System



* William Shakespeare, *Macbeth*