

To schedule an orientation or for more information call
Hospice of Anchorage
(907) 561-5322

The Forget Me Not Grief Program meets every other Thursday.

6:20 pm Gather

6:30 pm Talking Circles & Activities in Peer Groups:

Infants/Toddlers
Littles
Kiddles
Middles
Teens
Parents/Caregivers

8:00 pm Closing

Sharing and activities are facilitated by trained volunteers and experienced leaders.

One basic rule at Forget Me Not is the "I pass" rule. No one is pressured to share.

A parent or caregiver must accompany a child or teen to the program and remain in the center during the program.



Program Leaders:

Lyn Freeman, PhD, is Chair of Integrative Health Studies and teaching faculty at Saybrook Graduate School in San Francisco, California, and President of Mind Matters Health Systems in Anchorage. She brings to the program experience in the creation of ritual and imagery for healing of the body, mind and spirit. She is committed to honoring the unique way that each person grieves.

Donna Stephens, RN, MEd, CT is certified in Thanatology – death, dying and bereavement. Ms. Stephens has experience, both personal and professional, in grief and bereavement. She is a 20-year active Hospice volunteer and is dedicated to helping people, young and old, meet the challenges we face at the end of life.

The Forget Me Not Grief Program Hospice of Anchorage.

Phone: 907-561-5322 Fax: 907-561-0334

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Website www.hospiceofanchorage.org

With support from



Thank you to the Dougy Center of Portland, Oregon for inspiration, education and guidance. Since it's beginning in 1982, the Dougy Center has become a model for over 140 programs in the United States and the world.

Forget Me Not Grief Program

*for children, teens
and the adults who love them.*

A Program of Hospice of Anchorage



*Forget Me Not
offers comfort, sup-
port and encourage-
ment in a safe place to
share, learn and grow
when grief becomes a
part of life.*

*The Anchorage School District does not
endorse these materials or the viewpoints
expressed in them.*



The Forget Me Not Program believes:

- Grief is a natural, normal, and necessary reaction to death.
- Within each individual is the natural capacity to learn and grow.
- The duration, intensity and expression of grief is unique for each individual.
- Learning, caring and acceptance assists in the grieving process.
- Honoring the culture, tradition and spirituality of each individual promotes healthy grieving.

*"You can come and cry and people won't laugh at you."
Darian, 11*



The Forget Me Not Program accepts participants without regard to race, color, marital status, sexual orientation, religion, sex, age, national origin, economic capabilities, or physical handicap.

"The most important thing is not to forget..." Mark, a dad

Questions and Answers

How long after the death, does a family need to wait before calling?

Parents or guardians may call and start the process for participation in the program as soon as they think they are ready. We believe the family is the best judge of when they are ready to deal with grief in a support group. Not all children in a family may be ready or want to participate at the same time.

How long is a family expected to attend?

Children and teens choose when to start and stop attending. Once enrolled, regular attendance is important to have the peer group be a supportive place for sharing the experiences of grief. A family is expected to call if they must be absent.

What if we need more support then the Forget Me Not Program offers?

While the program does not provide counseling services, we do provide the names of private licensed practitioners. The family is responsible for selecting the professional of their choice.



How much does it cost?

We do not charge a fee. We invite families to make a voluntary, tax-deductible monthly pledge that they can afford. No family is ever denied support because they cannot contribute. We rely on contributions from families and the community to provide the financial support needed to cover the costs for each child and teen. Because we provide support and not therapy, insurance policies do not cover our services.

"Its good to talk with others that have gone through the same thing." Samantha, 14



The Forget Me Not Program can arrange for support groups or educational sessions tailored to special needs, such as for young adults or employee groups. Referral information to other groups, services and therapists is available.