



An arts program for grieving children

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Creative Arts for Mourning Pals

Program Schedule

Child

- 12:45-1:00 **Check-in** (Lobby)
- 1:00- 1:20 **Family Zumba** (Gym)
- 1:20-1:35 **Meet & Greet** (Pickering Room)
- 1:35-2:15 **Art** (Pickering Room)
- 2:15-2:20 **Break**
- 2:20-2:50 **Oral sharing** (Pickering Room)
- 2:50-3:25 **Drum Circle** (Pickering Room)
- 3:25-3:35 **Move to gym**
- 3:35-3:55 **Parachute** (Gym)
- 3:55-4:00 **Meet family** (Lobby)

Family

- 12:45-1:00 **Check-in** (Lobby)
- 1:00- 1:20 **Family Zumba** (Gym)
- 1:20-1:50 **YMCA Information & Tour** (Location TBA)
- 1:50-3:55 **Explore and Enjoy YMCA**
- 3:55-4:00 **Meet Child** (Lobby)

