

hcp | The Journey Program

Newsletter/Program Schedule October-December 2024

www.hospiceofcentralpa.org



We continue to offer programs both in person and via Zoom. Please note designation for each program.



Holiday Crafting Event

Making Memories and Honoring Your Loved One

Join us for a holiday craft workshop. Your project will be your way to honor your loved one with special memories. Materials to complete your craft will be provided. You can bring special items from home to add to your project. This workshop is open to individuals and families.

****Several craft projects options will be available****



When: Saturday, December 7th

From: 10:00 am-12:00 pm

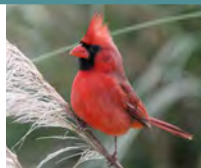
**Where: HCP Community Center
1320 Linglestown Road
Harrisburg, PA 17110**



\$3.00 donation suggested, not required.

RSVP REQUIRED one week prior to the event.

Coping with the Holidays



The focus of this program is on education, support, and suggestions as you prepare for the upcoming holiday season while you are in the midst of your grief.

Dates this program is being offered:

Tuesday, Nov. 19th

from 6:00 - 8:00 pm



HCP Community Center

1320 Linglestown Road, Harrisburg, PA 17110



Virtual Session Thursday, Nov. 21st

from 6:00 - 8:00 pm

Please RSVP for the Coping with the Holidays programs one week prior to the event.

TREE of Light



HCP's Tree of Light provides a welcome opportunity to pause and remember loved ones during the holiday season. Our Tree of Light Ceremonies will be held at the following locations on the following dates and time:

Swenson Plaza

Front Street
Harrisburg

**Tuesday, Dec. 3rd
7:00 pm**

UPMC Hospital

Carlisle

**Wednesday, Dec. 4th
7:00 pm**

Schuylkill County

Council for the Arts

Pottsville, Historic Frank D.
Yuengling Mansion

**Wednesday, Dec. 11th
7:00 pm**



Your gift to the Tree of Light event supports HCP's mission to provide the highest quality of emotional, physical, and spiritual support with compassion and respect.

Please join HCP and honor your family and friends with a donation to the Tree of Light.

With a donation, your loved one's name will be printed in our 2024 Tree of Light Program Booklet. Please visit www.hospiceofcentralpa.org to make a gift or contact Lisa Kimball at (717) 303-5381 or email at lkimball@hospiceofcentralpa.org.

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

Hospice of Central PA offers grief support and education in a variety of formats, including individual visits, educational series, phone contacts, social programs and support groups. Our programs are held at different locations throughout the community and are offered to the public free of charge.



EDUCATIONAL PROGRAMS

Growing Through Grief Series

This 5-week program offers education and discussion on the grief process. This group is for adults who have experienced the death of a loved one **within the past 2 years**.

Topics that will be covered include:

- Understanding Your Grief
- The Emotions of Grief
- Styles of Grieving
- Levels of Loss
- How Different Types of Losses May Impact Us in Different Ways
- Reflections on Healing and Wellness



EAST SHORE LOCATION

Mondays, October 7th, 14th, 21st, 28th & November 4th

from 2:00 - 3:30 pm



Trinity Lutheran Church

2000 Chestnut Street, Camp Hill, PA 17011

Please RSVP one week prior to the start of this series.

Passages Programs

These educational/support programs are for adults who have experienced a loss **within the past 2 years**. A specific topic will be discussed monthly.

Topics Covered for this quarter:

October — *Expressing Emotions*

November — *The Importance of Gratitude*

December — *Handling Grief during the Holidays*



VIRTUAL PASSAGES

2nd Monday of the month

from 6:30-8:00 pm

Oct. 14th, Nov. 11th & Dec. 9th



WEST SHORE PASSAGES

4th Monday of the month

from 6:30-8:00 pm

Oct. 28th, Nov. 25th & Dec. 30th*

**Date change due to holiday*

St. Paul's United Church of Christ

626 Williams Grove Road

Mechanicsburg, PA 17055

Please RSVP one week prior to the start of the series.

Those we love can never be

More than a thought away...

For as long as there's a memory,

They live in our hearts to stay.

~ Anonymous

There is a Place At the Table

There is a place at the table for you; your favorite plate and crystal glass are empty, but our hearts are still very full - of memories of you, at that place at the end of the table.

There is a tall candle lit in your memory; the flame reminds us of the light in your soul that spilled out as stories and laughter were shared; eyes glistening, joyous smile on your face.

The family will all gather here; though your seat will be empty, our visions remain. Tears will be shed, and laughter will ring, and stories will be told. The candle will glow like the love in our hearts that we carry with us for you.

- Unknown



Horticulture Program - A New Leaf

A Creative Experience in Exploring Grief

Join us to explore how nature teaches us to heal. Horticultural therapy is used to inspire personal growth and to find a way through grief using plants, herbs, flowers, and the study of nature. Journaling, self-care, gratitude, identifying strengths, and sharing our stories is the focus.

This series is open for all adults grieving the loss of a loved one.



Facilitator: Betty Guise, HT LSW

When: Thursdays, October 3rd, 10th, 24th, 31st & November 7th (no class 10/17)
from 1:00-2:30 pm



Where: Faith Immanuel Presbyterian Church • 1801 Colonial Road, Harrisburg, PA

Please RSVP one week prior to the start of the series. \$5.00 donation suggested, not required.



Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

MONTHLY SUPPORT GROUPS

Please contact The Journey Program to help you determine which group best meets your needs.

Please RSVP one week prior to the meeting

to 717-732-1000 ex. 2428 (day) or 717-943-1045 (evening/weekend).

Parental Loss

A monthly support group for parents who experienced the death of an adult child **within the past 2 years**.

1st Monday of the month
from 6:30-8:00 pm

**October 7th, November 4th &
December 9th***

**Date change due to HCP Tree Lighting*

 **HCP Community Center**
1320 Linglestown Road, Harrisburg, PA

Generations

This is an ongoing support group for adults who have experienced the death of a parent, grandparent or parent figure **within the past 2 years**.

3rd Wednesday of the month
from 6:30-8:00 pm

**October 16th, November 20th &
December 18th**

 **HCP Community Center**
1320 Linglestown Road, Harrisburg, PA

Harmony

This group is for adults **generally age 64 and younger** who have lost a spouse, domestic partner, or significant other **within the past 2 years** and are looking for support and balance in a busy lifestyle. Common challenges **may** include a work/life balance, full-time parenting, navigating home challenges, and maintaining a social life.

1st Tuesday of the month
from 6:30-8:00 pm

**October 1st, November 14th* &
December 3rd**

**Date change due to election*

 **HCP Community Center**
1320 Linglestown Road, Harrisburg, PA

Transitions

This group is for adults **generally age 65 and older** who have lost a spouse, domestic partner or significant other **within the past 2 years** and are experiencing changes in roles and living situations. Common challenges may include balancing work, planning retirement, grandparenthood, living alone, and seeking new social relationships.

West Shore Transitions

2nd Thursday of the month
from 2:00-3:30 pm

**October 10th, November 14th &
December 12th**

 **St. Paul's United Church of Christ**
626 Williams Grove Road
Mechanicsburg, PA

East Shore Transitions

4th Thursday of the month
from 2:00-3:30 pm

**October 24th, November 21st* &
December 19th***

**Dates changed due to holidays*

 **HCP Community Center**
1320 Linglestown Road
Harrisburg, PA

Connections

This group is for adults who have experienced the death of an adult sibling **within the past 2 years**. This group is intended to offer a space for participants to share their own story and listen to other surviving siblings.

3rd Thursday of the month
from 6:30-8:00 pm

**October 17th, November 21st &
December 19th**

 **HCP Community Center**
1320 Linglestown Road, Harrisburg, PA

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

Social Programs



This Program is Being Offered In Person

Ladies' Luncheon

****Attendees pay for their own meal/drink****

***Please RSVP for social programs
one week prior to event.***

These luncheons are available to women who have experienced the loss of a spouse, domestic partner, or significant other **within the past 3 years**. The luncheon is intended for socialization and education on grief-related topics. It will be held **1:00-3:00 pm** at various restaurants in Central PA.

EAST SHORE - 2nd Tuesday of the month

Oct. 8th – Paxtang Grille
3323 Derry Street, Harrisburg

Nov. 12th – Gilligan's
10 N Houck's Road, Harrisburg

Dec. 10th – Dodge City
1037 Paxton Street, Harrisburg

WEST SHORE - 4th Tuesday of the month

Oct. 22nd – Boomerang Bar & Grill
110 Limekiln Rd, New Cumberland

Nov. 26th – TJ Rockwell's
896 W Grantham Rd, Mechanicsburg,

***Dec. 17th** – Brother's Family Diner
705 Gettysburg Pike, Mechanicsburg
**Date changed due to holiday*

Pottsville Support Luncheon

This social program is designed for all adults who have experienced the loss of a loved one **within the past 3 years**.



Vito's Coal Fired Pizza and Restaurant

400 Terry Rich Blvd., Suite 5, St. Clair, PA

Tuesdays, Oct. 8th, Nov. 12th & Dec. 10th
from 1:00-2:30 pm



Men's Breakfast

This is a monthly breakfast designed for men who have experienced the loss of a spouse, domestic partner, or significant other **within the past 3 years**. It is held the **1st Wednesday** of the month from **9:00-10:30 am** at various restaurants in Central PA.

Oct. 2nd – Manada Hill Diner
257 N. Hershey Road
West Hanover Township

Nov. 6th – Trindle Family Restaurant
5001 E Trindle Road, Mechanicsburg

Dec. 4th – Cocoa Diner
590 E Main Street, Hummelstown



Journeys Coffee Break



Take a break in your day to join others for education and conversation on grief-related topics. This program is designed for all adults who have experienced the loss of a loved one **within the past 3 years**.

****Attendees pay for their own meal/drink****

**Wednesdays: Oct. 16th, Nov. 20th &
December 18th**
from 2:00-3:30 pm



Perkins Restaurant & Bakery

7 Erford Road, Lemoyne

Please RSVP one week prior to the meeting.

PATHWAYS CENTER for GRIEF & LOSS

Coping with Sudden Death

Sudden death can shatter your sense of order, leaving you with a greater sense of vulnerability and anxiety. The grief process is often very different from an expected and anticipated death. This free workshop identifies the uniqueness of this type of loss and offers some strategies to cope.



Virtual Workshop Wednesday, Nov. 6th
from 6:00-7:30 pm

*Space is limited and registration is required.
To register, call (717) 391-2413 or (888) 282-2177
at least one week prior to the group.*

Survivors of Suicide Loss Day

Join other survivors, ages 14+, for a video presentation and discussion on the unique aspects of grief from different populations. Hear from a local panel of survivors and receive information on resources and support. There will be a separate break out discussion for teens.

Saturday, Nov. 23rd
from 9:00-12:00 pm



Pathways Center for Grief & Loss
4075 Old Harrisburg Pike
Mount Joy, PA 17552



Registration

Click on the QR code
or call (717) 391-2413

HCP'S COMMUNITY CARING CENTER

1320 Linglestown Road • Harrisburg, PA 17110
717-732-1000



POTTSVILLE OFFICE

401 Beechwood Avenue • Mar Lin, PA 17951
570-628-2290

Please RSVP to 717-732-1000 (weekdays) or leave a message at 717-943-1045 (evenings/weekends).

All of our bereavement programs are open to the entire community, regardless of whether your loved one was cared for by our agency. HCP provides services without regard to ability to pay, age, sex, race, national origin, religion, disability, Veteran status, gender identity or sexual orientation.