



# Ryan's Tree

For Grieving Children

*Giving children a hand... rooted in the heart.*

For more information on Ryan's Tree  
or to register for an upcoming session,  
contact St. Luke's Hospice  
Children's Bereavement Coordinator  
at 484-241-8043 or visit  
[www.slhn.org/ryanstree](http://www.slhn.org/ryanstree).

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## What is Ryan's Tree?

Ryan's Tree is a guided peer support program for children and adolescents grieving the loss of a family member or friend. Founded on the belief that young people grieve in their own way, staff and trained volunteers provide support in a nurturing environment to promote healing of children and teens affected by death. We offer non-judgmental and unconditional support to young people ages five through eighteen, with age appropriate sessions. Ryan's Tree also offers guidance and support to assist families in maintaining a positive home environment, identifying support systems and encouraging family communication.



"The issues surrounding the death of a loved one are never easy topics for discussion and expression, but they are essential for emotional healing. I have found that the support offered children in this program to have been very helpful as children begin to deal with the changes that have taken place in their lives."

– Elementary School Counselor

## Encourages expression of grief...

The Ryan's Tree program does not provide formal counseling or therapy, but is therapeutic in its design to allow and encourage expression of grief through various activities. Under the supervision of trained adult volunteer facilitators, feelings and thoughts are expressed through:

- discussion
- art
- music
- writing
- play
- physical release activities

Facilitators lead discussions and activities in each age and developmentally appropriate group.

## Finding support...

Ryan's Tree is offered in six week sessions throughout the year with one day specialty camps offered periodically. Sessions are held at locations conveniently located throughout the Lehigh Valley with no fees charged to participants. Knowing that a child's need for support changes but never ends, children are welcome to participate in as many sessions as necessary to receive the support needed to grieve the loss of their loved one.

## Join us...

Sessions are held once a week from 6:30 to 8:15 pm during the six week sessions.

- Pizza and beverages are served from 6:30 – 7 pm with group activities beginning promptly at 7 pm.
- Parents or guardians must remain on site and may participate in an optional adult support group while their children participate in the Ryan's Tree program.
- Registration is required for participation in each session.

A commitment to participate in the full session (six weeks) is necessary to help build and maintain a meaningful support group for the children.