



200 First Street SW
Rochester, Minnesota 55905
507-284-2511
mayoclinic.org

Dear Community Partners,

We would like to invite children ages 5-17 that you work with who are grieving to participate in the upcoming Mayo Clinic Hospice **Grief Connections**. Grief Connections is an opportunity for children to connect with other grieving children which helps them feel less alone. This fall we have two options for children who are grieving their person.

Teen Poetry Slam in Rochester, MN

October 28, 2023 from 9am-noon for ages 12-17

Dr. Pam Whitfield is an educator, writer, and certified resilience trainer. She teaches writing, literature, and the humanities at RCTC and leads creative writing workshops across the state. Pam loves working with young writers and was the poet-in-residence at the Alternative Learning Center in 2018. In 2010, Pam won the MnSCU Educator of the Year award, and was named MN Professor of the Year in 2011. Pam is a published author winner of the 2012 Rochester Poetry Slam, performs spoken word and acts in theatrical performances throughout Minnesota.

Pam will lead the group in connecting with their grief, teaching them how to write poetry and perform it in Poetry Slam fashion. Pam believes that every voice matters, and everyone has a story to tell.

How Are You Peeling? in Austin, MN

November 4, 2023 from 9-11am for ages 5-11

Research shows that children express their feelings through facial expressions and body movement. This event uses the book *How Are You Peeling* by Saxton Freymann and Joost Elffers to start the discussion of feelings and what they look and feel like. Along with the book, the children will participate in group discussions and paint gourds or pumpkins to express their grief or current feelings.

Please see the enclosed flyer for the QR Code to share with grieving children and their families. Because space is limited, we encourage guardians to complete registrations **prior to Friday, September 29, 2023**. If you have questions or concerns, please email us at RSTHOSPICEBEREAVEMENT@mayo.edu or call us at 507-284-4002 or 1-800-679-9084.

Sincerely,

Ann Siverling
Mayo Clinic Hospice
Bereavement Team

Ana Wilson
Mayo Clinic Hospice
Bereavement Team

Enclosed: Flyer



Support Events for Grieving Children

GRIEF CONNECTIONS

Processing grief can be exceptionally challenging, especially for children and teenagers. To support them during these difficult times, Grief Connections provides specialized programs tailored to help young individuals cope effectively with their grief.

SESSIONS

Youth Poetry Slam

A program for children ages 12-17 to express their emotions and learn coping skills through the art of writing poetry and performing their creations.

October 28, 2023

9 a.m.-noon

Mayo Clinic
4111 West Frontage Road
Rochester, MN 55901

How are You Peeling?

A program for children ages 5-11 to learn how to understand and express their emotions through the power of books and art in a safe space. It is based on the book titled, "How Are You Peeling?"

November 4, 2023

9-11 a.m.

Austin Congregational UCC
1910 3rd Ave. NW
Austin, MN 55912

REGISTRATION DETAILS

Registration is required.

To register, scan the QR code, call 507-284-4002 or email rsthospicebereavement@mayo.edu

***Registration closes on September 29, 2023**



Mayo Clinic Hospice

