Children's Grief Support Groups
Heartworks is a family-based peer support program for grieving children, teens and their families that offers peer-support for groups:

- 4-6 year olds
- Elementary
- Middle School
- High School
- Parent(s)/caregiver(s) of enrolled children/teens

Group Meetings
Groups meet twice a month from September to May at Divine Providence Hospital, 3rd floor, 1100 Grampian Boulevard, Williamsport. A light meal is served, followed by the group meeting. The program is free of charge, but pre-registration is required. Please call (570) 320-7691 or 1-888-499-3177.
Fourteen-year-old Morgan Young believes that everybody goes through “something” in life. “Some of us just have it harder,” she says as she sits in the teen room at Heartworks, a grief support program for children, teens and their families.

Fighting back tears, the long-haired, blue-eyed girl looks across the table at her mother, Melissa for strength. The mother and daughter attended the Heartworks program, which offers support in a safe, caring environment.

“Every aspect of the program was helpful. It gave us the time to process what happened in our life,” says Melissa. Morgan’s father, Michael battled a prescription drug addiction and died unexpectedly of an overdose after being released from the Lycoming County Pre-Release Center, a structured community corrections facility. “He was a wonderful father to Morgan,” says Melissa, who despite being divorced from him still had a friendly relationship with him. “He was my best friend. He was someone you could call day or night and he would be there.”

As a construction worker by trade, Michael had chronic back issues and became dependent on pain killers to get through life. Even his addiction didn’t stop him from offering unconditional love to his family. Before dying in 2011 at age 49, he stood by Morgan’s side as she battled aggressive cancer in 2010.

“He was the strong one. When I cried, he wouldn’t. He was the first face I saw after my surgeries,” says Morgan. “He helped me through in-patient chemotherapy and stayed with me for days at a time. He would run home and get a shower and come right back.”

Morgan has sweet memories of her dad making her hot cocoa during sled riding, taking her to Highknob Lookout and hosting family cookouts. “He was just a great person and loved unconditionally,” says Melissa. “We had such high hopes for him for when he was released. He did so well in pre-release and even became a cook there.” Morgan added, “It was like I had my old dad back.” So when Michael died, Morgan felt like she was dying inside. “I just couldn’t bear it,” she says.

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Morgan and her mother, Melissa didn’t know how to help her. Despite private counseling and support from her school counselor, Morgan’s grades began slipping and her friends at school began to avoid her.

“Most of my friends have both of their parents and they just didn’t understand what it is like. They don’t like to talk about it and wouldn’t talk about it.”

Morgan found out about Heartworks from a program volunteer. Melissa admitted that Morgan asked her to participate in the program several times. “I hesitated because I didn’t know if Morgan was ready and if I would be comfortable coming to the group.”

After the first night it became apparent that her fears were unfounded. “We don’t have a big family, but I realized quickly that we were gaining family by attending,” says Melissa. “It was a relaxed and welcoming setting with committed volunteers. They reminded me that I had to take care of myself before I could take care of others.”

For Morgan, Heartworks made her realize that she is not alone—a gift she calls priceless. “My life got easier after coming to Heartworks. You instantly have a bond with other kids there. You know what they were going through and they know what you were going through. You can’t get that anywhere else.”

Give Hope to Hurting Hearts....

Hope comes in many forms. If you would like to receive training to become a Heartworks volunteer or contribute financially to the program, please complete the below form and return it to Attn: Heartworks Program, Divine Providence Hospital, 3rd floor, 1100 Grampian Boulevard, Williamsport, PA 17701.

Name: ______________________________________ Address:_________________________________
City:_____________________________________ State:___________ Zip:____________

Daytime Phone: (_____)_______-_________ Cell: (_____)_______-_________

(check one) Would like to become a volunteer: YES____  NO____
(check one) I would like to make a donation:  YES____ NO ____ Amount: _$___________
(check one) MasterCard______ Visa_______

Card Number ___________________________________ Expiration Date:_____/_____/______

(Please make checks payable to Susquehanna Health Home Care & Hospice Heartworks)

THANK YOU FOR GIVING HOPE!