



## Winter 2009

### **Compassionate Friends Support Group:**

Monday, November 9<sup>th</sup> 6:30pm-8:00pm

Monday, November 23<sup>rd</sup> 6:30pm-8:00pm

Monday, December 14<sup>th</sup> 6:30pm-8:00pm

Monday, December 28<sup>th</sup> 6:30pm-8:00pm

*Located at The Amelia Center, 1513 4<sup>th</sup> Ave South, Birmingham AL 35233*

An open support group hosted at The Amelia Center, facilitated by trained volunteers offering friendship and understanding to bereaved parents following the death of a child. There is a complimentary dinner served between 5:45pm and 6:15pm to those attending the group.

### **Support for the Holidays: 2 Opportunities!**

Thursday, November 19<sup>th</sup> 4:30pm-6:00pm

Refreshments for both groups from 6:00pm to 6:30

Thursday, November 19<sup>th</sup> 6:30pm-8:00pm

*Located at The Amelia Center, 1513 4<sup>th</sup> Ave South, Birmingham AL 35233*

Come and join us for an evening with other Amelia center clients who are seeking support for the holidays. The evening will feature separate support groups for children, teens, and adults refreshments will be provided for all groups at 6:00pm. These group sessions will focus on creating positive traditions and attitudes during the holiday season while incorporating past traditions, and honoring the memory of the loved one. A special group will also take place for the children which will include a craft. These groups are offered at no charge and are open to clients of the Amelia Center.

**Please call before November 15th and let us know that you plan to attend (205) 251-3430.**

### **Mom's Group**

Wednesday, November 11<sup>th</sup> 10:00am-11:30am

Wednesday, December 2<sup>nd</sup> 10:00am-11:30am

Wednesday, December 16<sup>th</sup> 10:00am-11:30am

*Located at The Amelia Center, 1513 4<sup>th</sup> Ave South, Birmingham AL 35233*

If you are a mother struggling with the loss of your child please join us for this special time at the Amelia Center, where you can connect with other mothers who are grieving the loss of a child. This group is lead by counselors at the Amelia Center. This is an ongoing group.

**Please call today and let us know that you plan to attend (205) 251-3430.**



## Winter 2009

### **Dad's Dinner**

Thursday, December 10<sup>th</sup> 6:00pm-8:00pm

*Located at The Amelia Center, 1513 4<sup>th</sup> Ave South, Birmingham AL 35233*

If you are a father struggling with the loss of your child please join us for this special time at the Amelia Center, where you can connect with other fathers who are grieving the loss of a child. There will be a meal provided by the Amelia Center from 6:00-6:30 pm and then a chance for support and conversation with others fathers. This group is lead by counselors at the Amelia Center.

**Please call before December 8th and let us know that you plan to attend (205) 251-3430.**

### **Parenting Discussion Group**

Thursday, November 12<sup>th</sup> 10:00am-12:00pm

Thursday, December 10<sup>th</sup> 10:00am-12:00pm

*Located at The Amelia Center, 1513 4<sup>th</sup> Ave South, Birmingham AL 35233*

This group is a discussion group led by Amelia Center counselors and is designed to be an ongoing source of support for caregivers of children who have experienced a significant loss in their lives. There will be opportunities for discussion and questions regarding difficult issues in parenting. This group is open to all clients of the Amelia Center who are currently parenting a child who has experienced a significant loss in their lives.

**Please call today and let us know that you plan to attend (205) 251-3430.**

### **National Children's Memorial Day**

Sunday, Dec 13<sup>th</sup> 5:30-7:00pm

*Located at Children's Hospital Bradley Lecture Center, 1600 Sixth Avenue South- Fourth Floor*

The United States Congress has set aside the second Sunday in December as National Children's Memorial Day. This is a day where we come together and celebrate the lives of our precious children who have gone far too soon. Celebrations throughout the world take time to honor their memories on this day through candle lighting ceremonies which include special music, poetry, sharing, and video presentations of the children's pictures. Many of the local Chapters of The Compassionate Friends host these events. The Amelia Center hosts National Children's Memorial Day in the Birmingham area.

**For more information on this special day of remembrance or to get information on how to include your child in the remembrance ceremony, please call (205) 251-3430. (Dec. 1<sup>st</sup> Deadline for having your child's photo included in the presentation)**