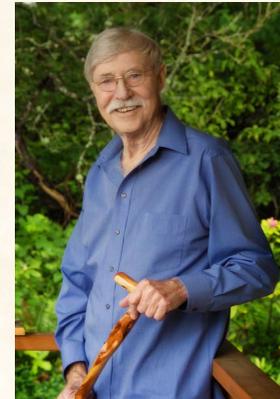


## The Avery Center: A gift for the Community

When James Avery was in our hospice care, he visited Camp Cedars, our free summer camp for grieving children. He learned how unresolved childhood grief could lead to academic difficulties, as well as lifelong problems with health and relationships. He was touched by the children's stories and saw the power of healing.

After that visit, he mentioned he was leaving his estate to us, hoping one day his bequest would benefit grieving families. With his generous planned gift, we created the Avery Center for Grief Support and Recovery. The center has dedicated spaces



for children, teens and adults. There are large meeting areas as well as intimate rooms for quiet time. A full-service kitchen welcomes people to share meals. Just outside are the E. Kenneth Henderson Memorial Garden and a remembrance wall.

*As part of our nonprofit mission, we provide grief support for everyone—for free. Your generous gifts help us keep our community as healthy as possible.*



For information about making a planned gift, or to notify us of your support, contact our **gift planning manager, 360.414.5406** or **give@chhh.org**

1000 12th Avenue, Longview, WA 98632 | 360.425.8510

# James Avery Center for Grief Support and Recovery



**Sometimes you need  
your Community  
more than ever.**



## A safe place for hope and healing



When you're grieving the loss of a loved one, you need your Community more than ever. The James Avery Center for Grief Support and Recovery is a safe place to find hope and healing. With personalized support for children, teens and adults, the Avery Center is open to everyone in the community—not only hospice families. Anyone who has lost a loved one through an accident, violence, suicide, natural causes or military activity may participate.

### Grief support groups

Support groups are free of charge – and facilitated by staff and volunteers with specialized grief training. Groups meet at the Avery Center, located at 1000 12th Avenue in Longview. Please contact **360.703.0300** or **[griefsupport@chhh.org](mailto:griefsupport@chhh.org)** for days and times.

### For youth

Pre-registration is required for all youth groups. Guardians of children ages 5 - 13 are required to attend a group.

### Children's support (ages 5-10)

Children may participate in the children's group as well as Camp Cedars. These programs help children learn how to share their feelings and cope with grief and loss. Through remembering activities and creative play, children learn to talk about their grief in safe ways.

### Pre-teen/early teen support (ages 11-13)

Pre-teens may participate in the pre-teen's group as well as Camp Cedars. As pre-teens and early teens move from childhood to adolescence, they face physical and emotional changes. These are complicated by the loss of a loved one. This support group offers 45 minutes of free time to play pool and games, or to socialize with others who have experienced similar losses. There is also a 45 minute structured peer support group session.

### Teen support (ages 14 - 17)

Teens face special challenges in grieving because they are still maturing emotionally and mentally. While they long to be like their friends, losing a loved one makes them very different. At group, they connect with other teens who understand what they are going through. Teens enjoy pool, socializing, recreational activities and outings including a beach retreat.

### Adult support (ages 18 +)

Join friendly, caring people who support each other through one of life's most difficult experiences. Participants share as much or as little of their story as they want - and others listen without judgement. Drop in on a couple of sessions to see if the group is right for you.

**Please contact our bereavement coordinator for one-on-one traumatic death support, 360.703.0300 or [griefsupport@chhh.org](mailto:griefsupport@chhh.org).**

