










All workshops take place
Monday-Friday
From 4:30p-5:30p
(unless otherwise specified)

November 2021 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 -Mindful Monday 8a-8:30a -Youth Grief Group 3p-4p -Kids Yoga 4p-4:30p	2 -Teens Yoga 4p-4:45p -Teen Grief Group 5p-6p	3 -Teen Talks Group 3:30p-4:30p *Memory Bracelet Making	4  Roblox Night	5 Mindfulness Activity	6
7	8 -Mindful Monday 8a-8:30a -Kids Yoga 4p-4:30p	9 Teens Yoga 4p-4:45p	10 Memory Scavenger Hunt	11 *Painting With A Twist (VIRTUAL) 	12 Movie Night 4:30p-6:30p 	13
14	15 -Mindful Monday 8a-8:30a -Youth Grief Group 3p-4p -Kids Yoga 4p-4:30p	16 -Teens Yoga 4p-4:45p -Teen Grief Group 5p-6p	17 -Teen Talks Group 3:30p-4:30p *Feelings Bingo 	18 *Children's Grief Awareness Day! - Surprise Activity! - <i>Sign up in advance</i>	19  Dance Party!	20
21	22 -Mindful Monday 8a-8:30a -Kids Yoga 4p-4:30p	23 Teens Yoga 4p-4:45p	24  *Gratitude Pumpkins	25  HAPPY THANKSGIVING!	26 What are you grateful for today?	27
28	29 -Mindful Monday 8a-8:30a -Kids Yoga 4p-4:30p	30 Teens Yoga 4p-4:45p 				

Activities are free and open to all children living in Lake, Sumter, Orange, Osceola, Polk, Highlands, and Hardee counties. Activities are currently being held via Zoom video chat.

To sign up for an activity, please email cornerstoneskids@cshospice.org to secure a spot. For details on a specific activity, please see the guide attached.

Activities highlighted in **yellow** are designed specific for bereaved children who are grieving the loss of a loved one.
*Indicates that a child must sign up for activity at least one week in advance.