# **HEARTS OF GOLD 2020 CALENDAR**

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#### **January 8**

Grief Lessons/What did we learn from the winter holidays that can take us into 2020? 630-8pm

# February 12

Family Game Night/Enjoy dinner and board games with our family and yours. 630-8pm

#### March 11

Kevin McCall/Special guest speaker and bereaved father will share how journaling helped him begin to heal. 630-8pm

#### **April 8**

Grief 101/Learn the basics of grief and how to begin to move through the challenging days. 630-8pm

## May 13

Grief support for teens/Two groups: One for teens and one for their caregivers. 630-8pm

# June 10

Donation 101/All your questions answered by Gift of Life staff. 630-8pm

# **July 8**

Home Cook Heroes/Cook for the guests at the Family House: 401 Callowhill Street 430-730pm

#### August 12

Memory Box Workshop and Ice Cream Social 630-8pm

# September 9

Home Cook Heroes/Cook for the guests at the Family House: 401 Callowhill Street 430-730pm

# October 14

Support Groups for Various Losses/Death of spouse, parent, adult child or adult sibling. 630-8pm

#### **November 11**

Planning for our 2021 events. 630-8pm

## **December 9**

Home Cook Heroes/Cook for the guests at the Family House: 401 Callowhill Street 430-730pm

Hearts of Gold is a group for donor families to come together to learn, share, give and receive support. All meetings are at 401 N. 3rd Street, Philadelphia, unless otherwise stated. Invitations to follow.