

Children and Grief

Grief is a natural process and having supportive carers, friends and adults around them will be enough to help a lot of children. Many factors will affect how a child reacts to the death, including their age, their relationship with the person, their own understanding of death and how people around them are reacting.

It is not unusual to see a change in the child's behaviour, sleeping and eating patterns. If you feel unsure how to help or just want to talk to somebody about a child, then please call us and somebody will get back to you.

“A child seldom needs a talking to as a good listening to”

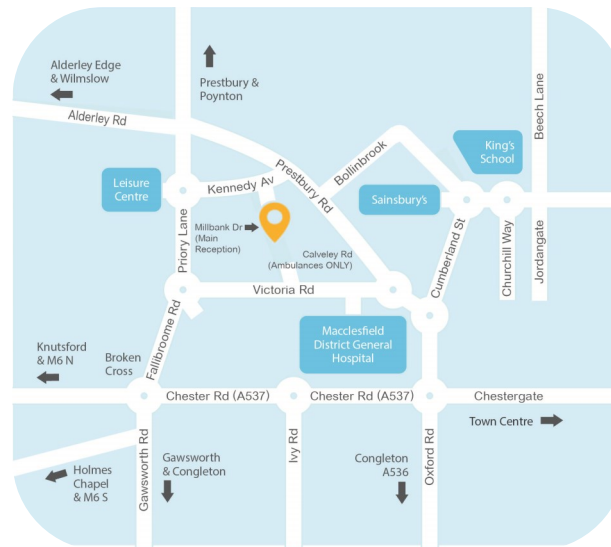
Robert Brault



East Cheshire
Hospice



East Cheshire
Hospice



East Cheshire Hospice
Millbank Drive
Macclesfield
Cheshire SK10 3DR

Main reception: 01625 610364
Children & family therapy: 01625 666994

www.eastcheshirehospice.org.uk

CHI-04-0819

Adolescent Bereavement Support Group

Supporting schools
when there has been
a death in the school
community



This service is offered by the Children and Family Therapy Department at East Cheshire Hospice as part of our commitment to support bereaved children in the East Cheshire community.

We recognise that when there has been a death in the school community, the whole school is affected. There are often a small number of students who may benefit from additional, specialist bereavement support.

We offer a weekly adolescent bereavement support group for students identified by staff and parents. This lasts for 1½ hours each week over a period of 6 consecutive weeks. A counsellor, experienced in child bereavement, will facilitate this service, with the weekly support and commitment of a member of the school staff.

“I talk about him, because it’s one way I process and feel. Feelings demand to be felt, I’m learning, and the stuffing and pushing aside doesn’t leave room for the wounds to heal.”

Lexi Berhrndt
scribblesandcrumbs.com

We aim to provide a safe, supportive, welcoming space for a group of up to 12 students, where they can:

- Explore, identify and process painful feelings
- Promote self-compassion and self-care
- Increase communication skills.

Goals of group

To provide a safe, supportive space for those closely connected to the deceased to explore their feelings and process painful feelings.

To promote involvement in the process of mourning, by learning about the language of grief, increasing communication and growing from the experience.

Promote self-compassion and self-care.

Values of group

- Being with peers
- Normalising the experience of grief
- Forming bonds when gathered for a common purpose
- A safe place to express emotions.

Objectives of group

- To provide a safe place to explore and discuss feelings
- To provide information on the process of grief and how it affects us
- To encourage participants to express their feelings if they wish to
- To address different aspects of grief through specific structured activities or spontaneously
- To examine participants’ current support network and how to expand it if needed.

Topics

Topics covered include: What is grief and how does it feel, memories of the person who has died, coping with change, self-care and addressing difficult feelings.

For details on this and any of our services, please contact members of the Children and Family Therapy team.