



Supporting children,  
young people and families

## What do bereaved children and young people need?

**Support:** children and young people need support from their family, friends and significant adults.

**Information:** children and young people need to receive clear, honest and age appropriate answers to their questions.

**Routine:** children and young people need to continue with established activities and interests in order to keep at least part of their life 'normal'.

**Meet others:** children and young people benefit from meeting others who have been through similar experiences.

**Enjoyment:** children and young people have the right to enjoy their lives without feeling guilty.

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For further information please contact  
Dragonflies Children and  
Young People Bereavement Project

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Reg. Charity number 208446



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A free  
bereavement  
service  
supporting  
children and  
families

### Who is Dragonflies for?

Families, children and young people who have experienced a bereavement in the Hastings and Rother and Eastbourne areas

### What happens in the groups?

For children and young people aged 5-18yrs we offer a variety of therapeutic art and play activities to encourage children and young people to talk and share emotions, feelings and thoughts

### What we offer

**Free** peer support groups in schools /community venues. Support and signposting for families with early years children. One to one counselling sessions for young people aged 15yrs +

**Dragonflies** has worked with bereaved families since 2006 and has experience in supporting children at this vulnerable time in their lives.

**Dragonflies** also offers sessions for professionals with strategies on supporting children and young people on a day to day basis, in their professional roles



### How can I get this help?

Referrals can be made by telephone, or by completing the referral form which can be found on our website

### When is support available?

Peer Support Groups/ Counselling sessions are available weekdays after school in Community Centres or during school hours for school based groups

### Who benefits?

The whole family are able to express their thoughts, feelings and memories of their loved ones in a safe space

