

What do bereaved children and young people need?

- Support: children and young people need support from their family and friends and from important people round them.
- 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.



For further information please contact

Dragonflies Children and Young People Bereavement Project

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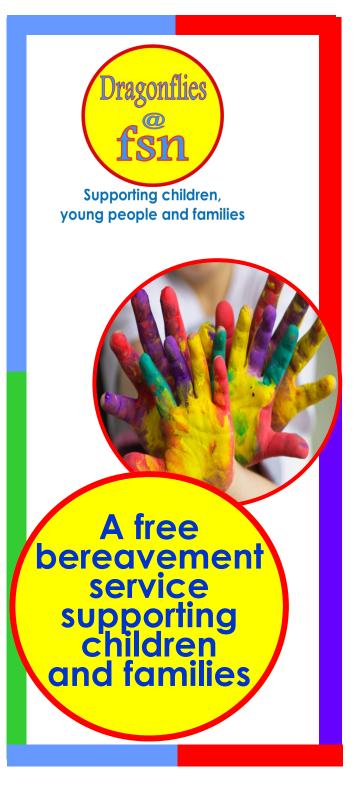
www.facebook.com/DragonfliesatFSN Website: www.fsncharity.co.uk

Reg. Charity number 208446











Who is Dragonflies for?

Children and young people aged 5—18 years and their families who are experiencing bereavement



We offer a variety of therapeutic art and play activities to encourage children and young people to talk and share emotions, feelings and thoughts



has worked in schools throughout Bexhill,
Hastings and Rural Rother since 2006 and
has considerable experience in supporting
children at this vulnerable time in their lives.

Dragonflies also offer sessions for staff With
ideas on how to support children and
young people on a day to day basis, while
maintaining their professional roles



How can I get this help?

Referrals can be made by email, telephone or letter to address and contact details overleaf.

When do Groups run?

Most weekdays after school (unless specified) with age appropriate children and young people. Family events are held monthly.



Supporting children, young people and families

We offer **free** peer support groups in schools /community venues which allow children and young people the opportunity to access support from our qualified and experienced team.

How do we help?

Who benefits?

The whole family!
By sharing old
memories and making
new ones families face
their
future together.