



Supporting children,  
young people and families

## 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.



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For further information please contact

Dragonflies Children and  
Young People Bereavement Project

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**A free  
bereavement  
service  
supporting  
children  
and families**



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### Who is Dragonflies for?

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

### What do we do?

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

### How do we help?

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



Emotions Biscuits

### Dragonflies

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.

### Who benefits?

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