

#### 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

Francesca, Manager FSN St. Nicholas Centre, Tel: 01424 423683 ext. 35 email: fhamilton@fsncharity.co.uk

> FSN St. Nicholas Centre 66 London Road St. Leonards on Sea **TN37 6AS**

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

Reg. Charity number 208446



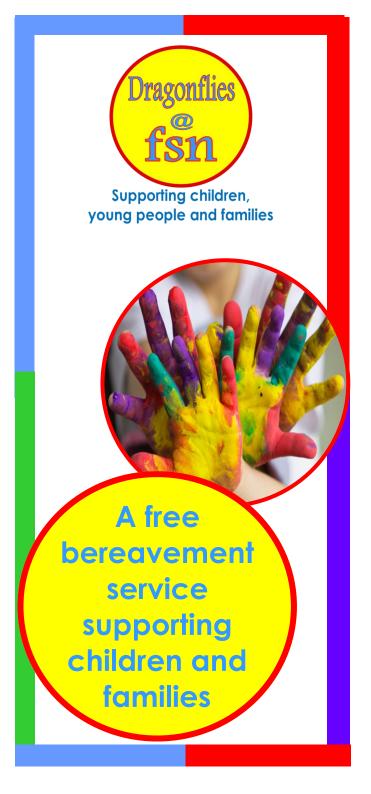


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Supporting children, young people and families

## Who is Dragonflies for?

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



### 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

### 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

**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

# When is support available?

Peer Support Groups/
Counselling sessions are available weekdays after school (unless specified)
Telephone support available during weekdays 9-5



What we offer Supporting children, young people and families

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 aged15yrs + 2

#### Who benefits?

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