



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.

Updated December 2018



For further information please contact

Dragonflies Children and Young People Bereavement Project

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**A free
bereavement
service
supporting
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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 (unless specified) Telephone support available during weekdays 9-5

Who benefits?

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