



# BEREAVEMENT GROUPS

## IN SCHOOLS AND COLLEGES ACROSS SOUTH DEVON

As a registered bereavement charity we offer schools and colleges in South Devon the opportunity of having a bereavement group.

The aim of having a bereavement group in your school or college is to bring together children and young people who have experienced the death of a significant person in their life. We offer counselling and support with their grief whilst meeting with other children and young people who have also been impacted by bereavement.

- Two highly qualified and experienced therapists from Children and Families in Grief will come to your school/college.
- They will facilitate groups of between 6-12 children and young people.
- The group will meet each week on the same day, at the same time for 6 consecutive weeks.
  - Each week the group lasts for an hour and a half.

Our two therapists work creatively with the children and young people to create a safe place to work through their grief in a healthy way, giving them tools and techniques to help them to cope with their grief as they move forwards. Below is the plan for each of the 6 sessions:

**Week one:** Getting to know each other.

**Week two:** Telling their story – giving the group opportunity to hear each other’s experiences of loss.

**Week three:** Exploring feelings – finding ways to express the myriad of feelings being experienced.

**Week four:** Memories – finding ways to remember their special person.

**Week five:** Positively moving forwards – finding ways to engage in life whilst taking the memory of their special person with them.

**Week six:** Bringing it all together and closing session.

**There is no cost to the school or college for having a bereavement group.**

Children and Families in Grief receive no statutory funding. We have to secure our funding via charitable trusts and organisations and are reliant on fund raising. We therefore appreciate any donations or help with raising funds.



If you are interested in having a bereavement group in your school or college or want to find out more please contact Francesca Raymont our Lead Therapist either by email at [info@childrenandfamiliesingrief.co.uk](mailto:info@childrenandfamiliesingrief.co.uk) or by telephone 01803 393917.

[www.childrenandfamiliesingrief.co.uk](http://www.childrenandfamiliesingrief.co.uk)

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