

A grief programme for children and their carers

SPACE



A specially designed 6 week grief support programme, for children between 5-15 years old, who have had a loss 6 months ago or more, and their parent or carer.

SPACE is a grief programme which aims to provide bereaved children with the opportunity to meet others with similar experiences and encourages open communication within families.

Each week, using activities such as music, games, arts and crafts, the children are led on a journey through their bereavement via themes of loss and remembering, with the space to begin to explore and understand their personal grief as well as find helpful ways to remember and talk about their special person with their family and friends.



The next programme is on:-

Mondays 5 pm - 6.30 pm for 6 weeks

From

8th November until 13th December

at

The Art Room, Fleetville Junior School

228 Hatfield Rd, St Albans AL1 4LW



For more information or to book a place please contact
Evelyn Tan on 01442 218414 / email her at

Space.herts@nhs.net

Or contact your GP, health visitor, school nurse
or parent support worker.

