



Children are given the opportunity to explore their story using a range of creative media

Talking reduces both isolation and anxiety. It enables children to understand their own experience of bereavement and that of others. It fosters an ability to cope and empowers them with a more positive outlook.

We work with young people and children to identify and develop their resilience and resources to support them in difficult times.

Children are given the opportunity to explore their story using a range of creative media. Through this children are able to identify who cares for them, who they can have fun with and laugh with them, who will take care of them and who will continue to grow with them.

Registered Charity No 515516

November 2015

USEFUL NUMBERS

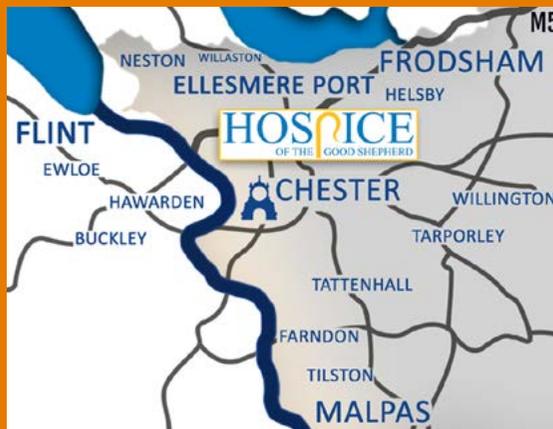
Family and children's support is available in conjunction with Reflect Children's and Young Person's Service. Please call: ☎ **01244 851104** or email reflect@hospicegs.com

For any general enquiries, you can email the Hospice of the Good Shepherd: info@hospicegs.com or call ☎ **01244 851091**

The Bereavement Support Service
Hospice of the Good Shepherd
Gordon Lane, Backford, Chester CH2 4DG

There is no charge for accessing our services. We rely on funding, donations and fundraising to be able to continue our valuable work. To donate or for fund-raising ideas please contact: ☎ **01244 851811**

OUR CATCHMENT AREA



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HOSPICE
OF THE GOOD SHEPHERD

Reflect - Bereavement Support for Children



Ages 3 - 18

www.hospiceofthegoodshepherd.com

“Counselling has helped me to talk about mum and remember the good times.”

Reflect supports children aged 3-18 and their families living in the West Cheshire area who are bereaved or have a family member with a life threatening or life changing diagnosis.

Reflect offers information, support, sign-posting and one to one counselling. We also offer training, consultancy and advice to schools and agencies supporting children who have been bereaved or are living with a life changing diagnosis.



Adults try to protect children, often afraid they will make the situation worse for the children believing they are too young to understand. Adults also try to shield children believing that not talking will protect them from feelings of sadness and pain. However, this can leave children feeling excluded, afraid and alone, unable to ask questions relating to illness and death.

Like adults, children will feel a range of emotions such as: sadness, anger, confusion, fear, loneliness, guilt and disbelief.



Behaviours you might see in a child who is bereaved:

- Children may become clingy
 - They may show distress at separation from family members
 - Children may worry about their health and that of those around them
 - Children may have difficulties concentrating and become distracted
 - Children can become the compliant child or a naughty child
 - They might have difficulties eating or sleeping
- Dealing with these behaviours can seem overwhelming and you may feel you need support



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What Children need:

- An opportunity to make sense of what has happened and tell their own story
- Clear, age appropriate information about what has and what is happening now and to be included
- Reassurance about their own health and that of those around them
- Reassurance that it is not their fault
- Adults who will answer questions and share their feelings
- An opportunity to remember the person that has died