

Indicators that help is needed:

- Sadness that never lifts
- Significant change in attitude/temperament /behaviour
- Rage and Defiance
- Break up with friends
- Loneliness
- Fears and Nightmares
- Confusion about what has happened



DONATIONS

Our services are free, but we are a registered charity and always welcome donations.

APPOINTMENTS

Please contact the office during the following times to make an appointment:

Monday - Friday:

9.30am - 1.00pm

1.30pm - 5.00pm



CHILDREN'S GRIEF CENTRE

Westbourne, Ashbourne Avenue,
South Circular Road, Limerick, V94 A5NA
Charity Number: CHY 20919 RCN 20083403

t: 061 224 627 **m:** 087 985 1733
e: childrensgriefcentre@eircom.net

 @childrensgriefcentre

 @children_grief

 childrensgriefcentre

www.childrensgriefcentre.ie



CHILDREN'S GRIEF CENTRE

*"Making a difference
in the lives of children and
young people affected by loss"*



About the Centre

The Children's Grief Centre is a support service for school-aged children and young people affected by loss through death, separation and divorce.

It provides a safe supportive service for children and young people and their families who are grieving. The service is provided by trained and experienced people.

- We are a listening service.
- Ages of participants range from 4-18 years.
- We **do not** provide services for children/young people who have lost a loved one to suicide.

How does it work?

Parent(s)/Guardian(s) can call to refer their child. Our staff will talk to you about the service and, if appropriate, book you in for an appointment. If you are not eligible for the service, our staff will give you information on alternative services.

In the first session, the parent(s) meet with a support worker. Subsequently, the child is met on an individual basis, although they are always accompanied to the service by a parent/guardian who waits in a separate room. On average children attend 6 sessions, although this varies depending on the individual needs of the child.

Children are given the option to allow their parent(s)/guardian(s) to participate at the end of each session.

Children's expression of emotion is facilitated in ways appropriate to their developmental stage and wishes through creative play, talking and listening.

Children are invited back for a follow up session 3-4 months after the final session.

Please note: Children who are affected by loss through parental separation/divorce require consent from both parents in order to attend the centre.



Support is offered in a number of ways:

One-to-One Support: One-to-one support is offered to children, young people, parents, guardians and their families.

Teacher Support: The Children's Grief Centre provides a teacher education programme for primary schools in the mid-west region to help them to assist children to cope with grief and loss.

Community Education: Talks and Workshops can be arranged to assist persons who are working with children/young people around grief and loss.

Why contact the Centre?

Children and young people often need their own space to talk about death or feelings around parental separation. It may help if they can:

- Talk to someone who is experienced in listening.
- Express strong feelings such as sadness, anger and anxiety.