



23 February 2010

BLUE SKIES ASSISTS GREIVING CHILDREN TO COPE WITH LOSS



Silver Chain, in partnership with Joondalup Health Campus, will be operating an innovative series of free workshops for children who are bereaved.

Blue Skies, aimed at children aged eight to 12 years old, is run by Palliative Care social workers who offer grieving children the opportunity to participate in a number of fun and creative activities which promote healthy grieving.

Silver Chain Social Worker, Belinda Hughes is involved in delivering the Blue Skies program. She says counsellors understand that children vary in their emotional and behavioural reactions to the death of a significant family member.

“One of the most common feelings children express is loneliness,” says Belinda.

“This is reduced by bringing children together in a group setting, where they are encouraged to share and express their emotions. The workshops are run in a safe, gentle and supportive environment and we use puppets, paint, sand and music throughout the program to enable children to express what they’ve been experiencing since their loss.”

“The children also learn about grief and change and they meet and talk with others who have had someone in their family die. They also learn that it is OK to talk about their feelings and that with courage, patience and creativity they can have happy times again.”

The next Blue Skies program is planned for 12 and 13 April 2010, during the school holidays at the Scarborough Surf Life Saving Club. To register or obtain further details contact Belinda Hughes on 9242 0289 or 0406 315 559 or bhughes@silverchain.org.au. Visit Silver Chain’s website at www.silverchain.org.au for further information.

Ends.

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