

# Bereavement Support Program



Very Special Kids provides a Bereavement Support Program that offers a safe and affirming space for families to explore the impact of their child's death.

Contradicting the natural cycle of life, the death of a child can be the most profound loss for a family. The grieving process can be one of life's most difficult and overwhelming challenges, bringing inner conflicts and feelings of isolation.

Developed in consultation with bereaved families, the Bereavement Support Program provides a range of activities designed to meet the individual needs of each family.

## The Bereavement Support Program offers:

- Ongoing contact from a Family Support Practitioner, who provides emotional support and counselling by telephone, Skype or in person. This support is tailored to the family and is available for as long as needed.
- Sibling program that includes activity days for children aged between 5 and 13 years and an annual weekend for adolescents aged between 13 and 20 years
- An annual weekend retreat away for parents
- Opportunities for bereaved families to meet each other through networking throughout Victoria
- An annual Remembrance Day and Anniversary Cards
- Creating Memories scrapbooking and art workshops
- Quarterly newsletter Continuing Links that is written specifically for bereaved families
- Family activities, such as Lord Somers Camp, the annual Family Christmas party and Coffee Mornings, which are open to all families across Victoria who are supported by Very Special Kids.
- Family holiday accommodation at Glen Osmond Farm in Woodend and Annie's Cottage in Bairnsdale

## What families say about the Bereavement Support Program

"When so many others don't, it's good to have someone who still remembers."

"I look forward to Remembrance Day to reflect, remember and honour my child among all the other Very Special Kids - it reminds me that they are all around."

"I like meeting other kids who know what it's like."

"Time out, time to be myself and to talk about my child to others who know."

"I realised I was okay - I wasn't going crazy."

