

Helping
Children and
Young People
cope
with
loss

Services we offer...

- Individual Counselling
- Family Therapy
- Parent/Carer Support
- Group Support
- Professional Consultation
- Workshops and Activities
- Information and Advice

THE SWING is part of



Walsall
Bereavement
Support Service
Reg. Charity No. 1152724

Charitable Incorporated Organisation
Registration No: 1152724

You can write to us:

THE SWING
Office Suite 2
The Crossing at St Paul's
Darwall Street
Walsall
WS1 1DA

or

telephone us:
01922 645035
07910 721045
07806 760981
07835 484640

or

email us:
children@wbss.org.uk

Visit our website:
www.wbss.org.uk



THE SWING

Supporting
bereaved
Children,
Young People
and
Families

Telephone
01922 645035
24 hour answerphone

When someone dies...

The death of a person, whether sudden or expected, can be a very distressing and overwhelming experience.

Children and young people can and do experience the pain of death just as much as adults. Although a child or young person may appear to be coping it must not be assumed that they are not affected by the death.

The age of the bereaved person, their relationship with the deceased and their own level of understanding about what has happened, can all have an affect on how they manage their grief.

What is Counselling?

It may be difficult to talk to family members or friends, especially if they are also struggling emotionally.

Counselling provides a confidential and non-judgemental environment in which individuals have the opportunity to talk about their thoughts and feelings and make sense of what has happened.

There is no magic wand that can make the pain of loss disappear but talking to someone often does help.

We support Children, Young People and Families

What do we offer?

Counselling is offered in a variety of different ways in order to meet the individual needs of each client.

Individual Counselling

Sometimes it is be more suitable to work with a child or young person on a one-to-one basis. They are encouraged to express their feelings by talking and often by being creative through the use of art, play and imaginative therapy techniques.

Family Therapy

Family therapy involves supporting the family as a unit. Sometimes it may also be beneficial to support the family in smaller specific groups, such as only the parents or only the siblings.

Group Support

At times it may be helpful to bring together children and young people who have experienced a shared loss or a similar bereavement.

By sharing their own personal stories and expressing their feelings, they not only help themselves but may also help the other members of the group.

Parent/Carer Support

Wanting to protect children and young people from the experience of death is a natural reaction. When trying to manage the difficulties of bringing up a bereaved child, parents/carers have told us how they have felt '*desperate*' and '*out of my depth*'.

Professional Support

We provide professional consultation for those who feel they may need help in supporting the bereaved. We can also provide training if this is required.

Please contact us on the numbers provided for more information or to make a referral.