



Children's Bereavement Charity

What support do we offer?

Groups

- **Jeremiah's Friends 9-week Group**
A 9-week group where we work with families where the bereavement has been traumatic in some way.
- **Family Group Work**
Working with and supporting a bereaved family using a variety of activities over 3-4 sessions
- **Story Group**
A 4-week group for young children and their parents using storybooks to explore children's grief.
- **EMDR Group**
A group delivering EMDR therapy and resourcing to parents where the bereavement has been traumatic.
- **Jeremiah's Journey Youth Group**
An ongoing monthly peer to peer support youth group for tweens, which we are starting in the new year.

Sometimes we are also able to offer a limited number of individual sessions to children and young people if we feel this is necessary or support parents or other professionals to support children themselves using Zoom/telephone appointments.

Helpline

We run a helpline on Tuesday, Wednesday, and Friday from 10 to 12 o'clock. Families and professionals are welcome to call us on [01752 424348](tel:01752424348) or email us with their tel number at info@jeremiahsjourney.org.uk and one of the team will contact them during those times.

School Consultation and Training

We offer fortnightly consultation slots from 3:30-4:30pm on alternate Wednesdays and Fridays, which schools and other professionals can access by calling [01752 424348](tel:01752424348) or emailing us info@jeremiahsjourney.org.uk and a member of the team will contact them to book a time.

We have created several video training sessions and informative posters, which professionals working with bereaved children can request to access. The titles of the training we provide are:

- 5 ways to show compassion to a bereaved child or young person
- 5 things you can do to support a child who has been bereaved
- 5 things you can do to support a child under 5 who has been bereaved
- 5 resources to help you support a young person who has been bereaved
- 5 things parents can do to look after themselves and support their grieving children
- Tips for organisations and staff who are supporting bereaved children and young people