

Support for families Australia-wide.

Kids grieving the death of their mum, dad, brother or sister can find it hard to talk about what they're feeling, and hard to cope with all the emotions grief brings.

This virtual Camp will guide you and your kids as together you learn a shared grief language, tools, and coping strategies – all from the safe space of your own home.

YOUR CHILD WILL:

- ★ Learn a shared language for talking about grief with you
- ★ Learn practical skills for regulating their emotions in triggering situations
- ★ Learn from trained professionals about healthy ways to cope with grief
- ★ Connect with kids just like them, who truly understand what they're going through

IS MY CHILD ELIGIBLE?

- Your child is aged 7-17
- They've been dealing with grief for more than 6 months

HOW DOES IT WORK?

The Healthy Grieving Program is run digitally, via Zoom video conference. Programs are held every week and consist of:

- ★ 4 × 1-hour sessions held over a weekend (Saturday and Sunday)
- ★ Split by different age groups to ensure the content is tailored
- ★ Facilitated by trained educators, mental health experts and volunteers
- ★ Family participation – A surviving parent, guardian, older sibling or trusted family member also takes part

WHAT'S REQUIRED OF ME AND MY CHILD?

Healthy Grieving Program won't cost your family anything, thanks to our generous supporters.

But so we can continue improving the program to help more families like yours in the future, we need you to help with just two things:

1. You and your child will need to take part in the evaluation of the program – consenting to and completing all surveys and an interview in a timely manner, prior to and after participating in the program.
2. Once signed up to a program you will need to commit to attending all the sessions together with your child

healthy
grieving:
virtual
camp

Helping grieving
kids heal.





We invite you to take the next step and let us help your family.

STEP 1

Visit feelthemagic.org.au and click any of the "I need support" buttons.

STEP 2

Fill out the quick questionnaire so we can learn more about your family.

STEP 3

We'll contact you with a plan to help your kids heal, and a suggestion of the right camp for your kids.

Sadly, 1 in 20 Aussie kids experience the death of their Mum or their Dad before they turn 18.

At Feel the Magic, we support the families left behind, by providing free camps, resources and strategies to prepare their kids for living with grief.

If your family has experienced the death of a loved one, you're in the right place.

Contact us today to begin your Feel the Magic journey, and find a place where your family belongs.

Our camps, strategies and resources focus on:

- ★ Teaching practical coping strategies to help kids grieve in a healthy way.
- ★ Increasing confidence and self respect.
- ★ Helping grieving kids connect with one another, to find a place where they feel safe to heal.

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Before the Healthy Grieving Program, we thought we had to "be ok" with our new normal. The program has helped us to realise that we are allowed to be happy again.

Danni (Mother)