Children's Bereavement Centre

...you are not alone

SUPPORTING LOCAL CHILDREN AND THEIR FAMILIES

Are you a child or young person struggling with your grief?

We know how overwhelming this can be. You may be feeling all sorts of difficult emotions and that no-one understands you or can help.

If you are struggling, the Children's Bereavement Centre are here to help with practical and emotional support by people who really do care and understand how devastating it can be.

"Grief can be a lonely place. But you are not alone. "

If you are aged 18 or under,

- **We can provide free specialist support with a friendly Grief Counsellor in Worksop or via Zoom**
- **Provide a safe and confidential environment**
- **Please speak to your parent or carer, or adult at your school, about getting in touch if you think we can help or to find out more. Our friendly compassionate team have the skills and knowledge to help support children and young people in Bassetlaw.**

T 01636 551739
E info@childrensbereavementcentre.co.uk
W childrensbereavementcentre.co.uk
3 Kings Road, Newark, Notts NG24 1EW
Registered charity number 1098935
Company number 4747134

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Are you supporting a child or young person struggling with their grief?

We know how overwhelming this can be for you and them.

At the Children's Bereavement Centre, we have been supporting children and young people for 20 years. you are not alone.

- **We can provide free 1:1 support for children up to the age of 18 in Worksop or via Zoom.**
- **We can help normalise their difficult feelings, provide coping strategies to self-manage challenging behaviour and build resilience to improve mental health and emotional wellbeing.**
- **Free telephone advice is available for you to talk through any particular concerns or to find out if a referral for support is needed. Referring is simple and easy, via our website.**

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