

Remember that...

It doesn't help to:

- Pretend you're OK
- Hit someone if you're angry
- Hide how you feel

It is ok to:

- Cry
- Laugh
- Feel sad or angry
- To talk about the person who died

Ask for help



Here's what other children have said about Richmond's Hope...

"It's good, go! You get to do stuff and you don't feel left out anymore and you have someone to talk to if things worry you."

"I feel much better because I got someone to speak to."



Mission Statement

We believe that we can make a difference in the lives of children who have been bereaved by supporting them through their grief using therapeutic play providing a safe haven for them to work out their feelings

Richmond's Hope is a Scottish Charitable Incorporated Organisation
SCIO SC036720



Richmondshope



RichmondsHopeCharity



www.richmondshope.org.uk

to make an enquiry, or arrange a callback/visit at your closest base

Registered Address: 2f1 Norton Park, 57 Albion Road, EH7 5QY



WHEN SOMEONE DIES...

INFORMATION FOR YOUNGER CHILDREN

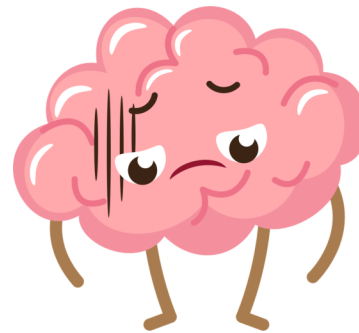


Who are we?

Richmond's Hope is a place for children and young people between the ages of 4 and 18 to come when someone has died.

How often will you come to Richmond's Hope?

You would come once a week for about 12 weeks.



How can we help?

When someone dies, we can have lots of different and difficult feelings.

At Richmond's Hope we can help you remember your person, we can help you learn to name and cope with big feelings.

We do this by using activities, using play and making art.

What do we do?

At Richmond's Hope we can try to help you understand and cope with these feelings by:

- Making things to remember the person who died
- Having time to talk
- Playing
- Painting or drawing
- Make activities to explore your feelings

