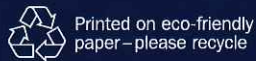


If you are interested and want to find out more about Give us a break! please visit our website: www.giveusabreak.org.uk or email Psychological Services at enquiries@slcpsych.org.uk



If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Email: enquiries@slcpsych.org.uk

www.southlanarkshire.gov.uk

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Contact	
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A programme for young people who have experienced loss, change or bereavement



Events like divorce, separation, loss of a loved one or other major trauma can be deeply distressing to a young person. These events often also bring associated changes in other areas of life, such as a change of home, school or living arrangements.

For children and young people these changes can be difficult. They often feel overwhelmed, confused or unable to cope.

'Give us a break!' is an 8-week programme for 10 – 14 year olds which gives young people a chance to make sense of these experiences in a supportive environment with others who have gone through similar changes.

The sessions will encourage young people to

- Get to know one another, identifying their own and each other's strengths
- Understand the changes in their life and how they feel about them
- Accept their feelings and share them with others
- Look to the future in a positive way
- Recognise what they are already doing to help themselves move forward
- If appropriate, set themselves achievable goals and monitor their progress
- Celebrate their strengths, successes and achievements

This will be done through:

- Discussion
- Games and activities
- Expressive arts, e.g. drawing, poetry, music
- Relaxation

Each group member will compile their own folder as they go through the course. This will form a record which can be kept.

Young people will be invited to come along to the course but it is voluntary. If they decide they want to come it is expected that they will attend all 8 sessions.

Sessions will last approximately one hour and may be held during the school day or in the evening.

