

## Frequently asked questions

- **How do I refer a child to Mosaic?**
  - Contact us for the relevant help and advice
- **Do you have a waiting list?**
  - Not normally. Once funding is in place we will contact the family
- **What area do you cover?**
  - We cover all of Dorset
- **What age children and young people do you work with?**
  - All children and young people up to 18 years of age

## Remember...

- **Every family is unique and each member of the family may grieve in a different way**
- **You don't need to have all the answers. It is OK to say "I don't know"**
- **There is no way you can 'fix things'**
- **The best thing you can do for grieving children is to listen**
- **If a child cries they probably need to and will be grateful for the opportunity to have their grief acknowledged**
- **Take care of yourself**



Supporting bereaved children

## Our contact details

Mosaic - Supporting bereaved children  
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Registered Charity No. 1158138

## Talk to us

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Corporate and Community Fundraiser

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Supporting bereaved children & young people throughout Dorset

## Professionals



Supporting bereaved children

## Who we are

We are a child-centred service offering a pathway of support for bereaved children, young people and their families. We can also provide support for those young people who are facing the death of a parent or loved one.

Following an assessment of the individual needs, we can offer a wide range of therapeutic support as appropriate. We aim to work collaboratively with other statutory and voluntary agencies to provide best practice in accordance with local and national guidelines for the provision of children's services.

Professionals often worry about saying the wrong thing and therefore say nothing which can leave a child isolated and feeling forgotten.



## Support for professionals

- ✓ Advice
- ✓ Guidance
- ✓ Consultancy
- ✓ Conferences
- ✓ Study days/ workshops
- ✓ Tailor made training

## Our aim

Our aim is to offer information and guidance to professionals enabling them to feel confident when supporting bereaved children, young people and their families.

## How we help families

- ✓ Individual and family support
- ✓ Activity days
- ✓ Residential weekend programme
- ✓ Social events

*Mosaic... supporting bereaved children...*

## Ways bereavement affects children

- Anxiety
- Anger
- Isolation
- Bullying by peers
- Poor concentration
- Change in behaviour
- Low attendance at school

## Children need...

- ✓ Information that is clear and easy to understand
- ✓ Time for questions and answers
- ✓ Their fears and worries addressed
- ✓ Reassurance that they are not to blame
- ✓ Careful listening
- ✓ Permission to grieve and shown 'how to'
- ✓ Help with overwhelming feelings
- ✓ Involvement and inclusion
- ✓ Validation of their feelings
- ✓ Continued routine activities

I remember when I went back to school, having everyone stare and talk about me. Having abuse from other students and being bullied because of it.  
(Teenager aged 14)

*and young people throughout Dorset.*