

## Books you can read

### What on Earth Do You Do When Someone Dies

by Trevor Romain, Free Spirit Publishing Inc (ISBN:978-1575420554). This book is a factual guide for older children answering questions like 'Why do people die? 'Is it okay to cry?'

### Two Weeks with the Queen

by Morris Gleitzman  
Puffin Books (ISBN:978-141303000)

### Vicky Angel

by Jacqueline Wilson  
Corgi Children's (ISBN:978-0440865896)

### The Lost Boy's Appreciation Society

by Alan Gibbons, Orion Children's Books (ISBN:1842550963)

## How can you find out more about the support we offer?



Visit our website:

[www.mosaicfamilysupport.org](http://www.mosaicfamilysupport.org)



Email us on:

[info@mosaicfamilysupport.org](mailto:info@mosaicfamilysupport.org)



Call us on:

01258 837071



Supporting bereaved children

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## Our contact details

Mosaic - Supporting bereaved children  
3 Barnes Croft, Coles Lane, Milborne St Andrew  
Blandford Forum, Dorset, DT11 0LG

Tel: 01258 837071

Email: [info@mosaicfamilysupport.org](mailto:info@mosaicfamilysupport.org)

[www.mosaicfamilysupport.org.uk](http://www.mosaicfamilysupport.org.uk)

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## Talk to us

*Margaret Hannibal MBE*

CEO

Email: [margaret@mosaicfamilysupport.org](mailto:margaret@mosaicfamilysupport.org)

*Julie Monaghan*

Family Services Therapy Manager

Email: [julie@mosaicfamilysupport.org](mailto:julie@mosaicfamilysupport.org)

*Siân Hynes*

Training and Development Co-ordinator

Email: [sian@mosaicfamilysupport.org](mailto:sian@mosaicfamilysupport.org)

*Laura Stanley*

Fundraiser

Email: [laura@mosaicfamilysupport.org](mailto:laura@mosaicfamilysupport.org)

Supporting bereaved children & young people throughout Dorset

# Teenagers



Supporting bereaved children

## How you may feel

Grief is a complex emotion and everyone experiences it in a different way.

The death of someone you love can bring many intense and overwhelming feelings. There is no right or wrong way to grieve. Every emotion is normal – you may feel angry, upset, guilty, confused and frightened. These are all normal reactions.

Grief is something we all face at some time and it really does help to talk to someone about how you feel.

You may feel numb and unable to talk to the adults around you who are also upset. Keeping things inside you isn't good for you so make sure you share how you feel with trusted adults and friends.

## Things you can do to remember

At times like these you might feel like doing nothing, but it can help to try some of these ideas:

- ✓ Write about the person who died and the things you did together
- ✓ Make a photo album with your favourite photos
- ✓ Remember special occasions and anniversaries – release a helium balloon or visit their favourite place
- ✓ Watch their favourite film

## Take care of yourself

It is important to look after yourself during difficult times:

- You will feel alert, rested and more able to cope with the changes life brings if you eat healthy foods and get enough sleep.
- Exercise, especially outdoors will give you energy and help you feel more positive.
- Don't cut yourself off, talk to your friends and members of your family who make you feel good.
- Set yourself goals and think about what you would like to achieve in your life.
- Don't hesitate to ask for support from school and family.



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

## What Mosaic can do

- ✓ Arrange to meet with you at home or in school to listen and talk about how you are feeling
- ✓ Talk to you and your family
- ✓ Invite you to one of our Residential Weekends
- ✓ Organise activity days and social events for you and your family to attend

## Residential Weekends

Our Residential Weekends give young people the opportunity to meet others, talk to each other about how they are feeling, remember their special person and most importantly 'HAVE FUN'.

During the weekend there are activities such as archery, football and games. There is also time to remember your loved one and realise you are not alone.

This weekend has been great for all of us. It's taught us different skills to help with our emotions. We've learnt about anger and what to do with it, so we don't hurt ourselves and others. We are all leaving today feeling a lot better and with a lot more friends who understand what we are going through.

*and young people throughout Dorset.*