**What is Child Bereavement Counselling?**

Child bereavement counselling is a specialized form of therapy designed to help children and adolescents cope with the loss of a loved one. This type of counselling provides a safe, supportive environment where young individuals can express their feelings, understand their emotions, and learn healthy ways to grieve. Trained counsellors use age-appropriate techniques to guide children through the complex process of mourning, ensuring they feel understood and supported during this difficult time.

**Who is Child Bereavement Counselling For?**

Child bereavement counselling is beneficial for:

* **Children and Adolescents:** Young individuals who have experienced the death of a parent, sibling, grandparent, or another significant person in their lives.
* **Families with Grieving Children:** Families seeking support to help their children navigate the grieving process while also managing their own grief.
* **Schools and Community Organizations:** Educational and community institutions that need assistance supporting children dealing with loss.
* **Children Facing Anticipatory Grief:** Young individuals who are anticipating the loss of a loved one due to terminal illness or other circumstances.

**Benefits of Child Bereavement Counselling**

**For the Young Person:**

1. **Healthy Expression of Emotions:** Counselling provides a safe space for children to express their grief, anger, sadness, and confusion, helping them understand and process their emotions.
2. **Development of Coping Skills:** Children learn healthy coping mechanisms to deal with their grief, reducing the risk of long-term emotional and behavioural issues.
3. **Enhanced Understanding of Death:** Counsellors help children comprehend the concept of death in an age-appropriate manner, which can alleviate fears and misconceptions.
4. **Emotional Support:** Having a dedicated counsellor offers children consistent emotional support, helping them feel less alone in their grief.
5. **Improved Mental Health:** By addressing their grief early, children are less likely to develop depression, anxiety, or other mental health problems later in life.
6. **Strengthened Resilience:** Counselling helps build emotional resilience, equipping children with the tools to handle future challenges and losses.

**For the Family:**

1. **Better Communication:** Families learn effective ways to communicate about the loss, ensuring that everyone’s feelings are heard and validated.
2. **Unified Grieving Process:** Counselling can bring families together, fostering a sense of unity and mutual support during the grieving process.
3. **Guidance and Support:** Parents receive guidance on how to support their grieving child, helping them understand what their child needs at different stages of grief.
4. **Reduced Family Conflict:** By addressing grief-related stress and misunderstandings, counselling can help reduce conflicts within the family.
5. **Enhanced Parenting Skills:** Parents learn strategies to help their children cope with loss, improving their overall parenting skills and family dynamics.
6. **Healing and Recovery:** Counselling facilitates the overall healing process for the family, promoting recovery and adjustment to life after loss.

**Why Choose Our Child Bereavement Counselling Services?**

At Pilgrims Progress, Terri-Louise understands the profound impact that the loss of a loved one can have on a child and their family. Our compassionate and experienced counsellors are dedicated to providing tailored support that meets the unique needs of each child and family. We use evidence-based techniques and a child-centred approach to help young individuals navigate their grief in a healthy and constructive manner. By partnering with us, you can ensure that your child receives the care and support they need to heal and grow after a loss. Let us help your family find comfort, strength, and resilience during this challenging time.

**Fees**: please ring to discuss typically £100 per session, concessions available