"Grief isn't a problem to be solved; it's an experience to be carried."

Everyone needs support sometimes and never more so than after a bereavement.

The length of time since the bereavement doesn't matter; the circumstances of the death don't matter. We all need to feel heard and understood. Everyone grieves differently but it is always overwhelming and painful.

Let us help. We have a team of trained and experienced Companions and have been delivering groups for many years. In every group there is someone who can listen, understand and support you.

PEOPLE DON'T WANT TO BE TALKED OUT OF THEIR FEELINGS.

PEOPLE WANT TO BE HEARD, SEEN, FELT AND UNDERSTOOD.

RACHEL SAMSON

"What was most helpful was the reassurance of not being alone"
(Adult participant)

Falkirk Trinity Community Life Centre

Are you interested?

If you would like further information on any of the bereavement support services in Falkirk Trinity Church, you can email us at bereavementsupport@falkirktrinity.org.uk or phone the Church Office.

One of our trained "Companions" will get back to you to give you the opportunity to find out more and to ask any questions.
We are happy to send you information or to meet up with you.

Please note that this service is free, confidential and open to anyone in the local community – of any faith or none.

Bereavement support is one of the services available to the community as part of the Family Life Centre. For more information see our website.

office@falkirktrinity.org.uk
01324 611 017
www.falkirktrinity.org.uk

Falkirk Trinity Church of Scotland SCO00652

Falkirk Trinity Church

Bereavement Support

Bereavement Support for
Adults
Parents
Children and Young People

Using 'Seasons for Growth' material

Falkirk Trinity Community Life Centre

Seasons for Growth is an educational programme which uses the changing seasons as a framework for exploring grief. It is not counselling or therapy. All sessions are led by trained "Companions" who work alongside the participants. We work with journals which are taken home at the end and are a useful reminder of the material covered. Groups are arranged at times to suit the participants and are all held at Falkirk Trinity Church.

Seasons for Growth for Children and Young People

The programme aims to strengthen the social and emotional wellbeing of children and young people who are dealing with a bereavement. Young people who have been bereaved often find it hard to talk about their feelings even with members of the family.

Joining a group and working through the programme can help them to talk about what has happened and to share their experience in a safe place.

The children learn from and are supported by each other and this peer support is a key element of the programme.

The groups generally meet after school and are organised by age with up to seven children in a group.

We meet for eight sessions, with each session lasting around an hour, followed by a Celebration session.

Seasons for Growth Parent Programme

The aim of the Parent Programme is to help parents to understand the child or young person's perspective when dealing with bereavement. The group provides a safe space for parents and carers to discuss and share their experience of caring for children after a death.

During the two and a half hour session we focus on concerns and questions such as –

- How do I talk to my child about what has happened?
- What kind of reaction might I expect?
- What can I do to support my child?
- Does it matter if my child sees me upset?
- How will I know what my child wants and needs?

The programme is particularly helpful for parents of children attending a group.

Seasons for Growth for Adults

The aim of this programme is to provide the participants with the opportunity to practise new skills, learn new ways of thinking and develop more effective ways of coping with bereavement – all in a safe place.

We look at accepting the reality of the loss, grief reactions, developing skills to assist in processing grief and ways of moving forward.

There is an opportunity to talk, listen, laugh, share, reflect, explore and remember.

It is the support from one another and the feeling that you are not on your own that is often most valued.

Groups are small with three to five people in a group. The programme runs for four sessions of two hours thirty minutes each. We arrange the timing of the groups to suit the participants.