

When attachments are broken, children grieve. Children process grief in their own way, often with various emotional and physical changes. As disruptions to relationships and routines occur, behavioural problems and repetitive patterns can be exhibited.

After a death, illness, family separation or a big life change, it's very tempting for parents to shield their child from the emotional upheaval and pain experienced but loss of these kinds of attachments have physical, cognitive, behavioural, social and spiritual dimensions. During this time it is essential children receive help to process their grief so they can heal and move forward in life with a restoration of confidence.

"Exposure to adverse childhood experiences contributes to poor lifelong outcomes, but supporting children to have a strong start, through strong child and family support services, provides benefits to the whole community"

- QLD Mental Health Parliamentary Committee
(June 2022 Inquiry Report).



TEEN PROGRAM

The Teen Grief & Loss Support Program provides face-to-face support, education, connection, community and creative expression for young adults aged 12 to 18 living with loss and resulting grief. When teenagers are dealing with confusion, uncertainty, fear or a sense of isolation due to a significant life change or loss, we are here.

Face to Face: book online via our website

STORYBOOKS

Our collection of storybooks are created to help children understand and deal with aspects of grief from various kinds of loss.

Developed by the Paradise Kids team, each title tells the story of a child experiencing a big life change. Grief and loss is normalised as the reader is shown a grief experience that is unique to the individual yet universal, for change and loss is part of life. This is useful in helping children relate to the deep emotional issues and the painful situations they are currently facing.

Physical Copies: storybooks titles and grief journals are available for purchase via our website.



@paradisekidsau

Paradise Kids Australia

is the children's educational division of the Rev. Dr Ian Mavor Foundation.

ABN: 87 609 160 278

ACN: 609 160 278



**Is a young person in your life
STRUGGLING after loss or
a big life change?**



<https://paradisekids.au>

Paradise Kids Australia delivers specialised grief education and support for children and teens experiencing loss. Providing them with the inner life skills needed, to build resilience and weather life's storms.

We offer a peer-based, supportive space for young people where they are free to tell their story and express their strong feelings in safe ways, without hurting themselves, others or their surroundings. All whilst walking them through the tasks of grief so healing and growth can occur.

SUPPORTS CHILDREN & TEENS, HELPING THEM TO:

- 1** - understand the event as a loss.
- 2** - tell their story, and facilitate discussion about the loss.
- 3** - grieve the loss and feel all the feelings.
- 4** - physically and creatively express their strong feelings in safe ways, including any anger which is a natural response to loss.
- 5** - process any unfinished business around the loss.
- 6** - commemorate the loss to assist healing and look forward to the future.
- 7** - gain a new sense of self that has grown through grief and is empowered to move on.

Our founder, Deirdre Hanna and her team have over 25 years of experience helping children improve their emotional, spiritual and physical well-being through a loss of any kind.



PARADISE KIDS AUSTRALIA

Part of The Rev. Dr Ian Mavor Foundation

GRIEF EXPLORERS

Grief Explorers is a 5 session small group program for children aged 7 to 11. Held onsite over 5 consecutive weeks with intakes each school term.

Our engaging curriculum features a mixture of storytelling, art activities, meditations and imaginative exercises. With peer sharing and support, grief is normalised and children no longer feel alone. Grief Explorers has a optional concurrent onsite Parent's Program.

Book Online: via our website or socials

@HOME PROGRAM

@Home with The Rainbow House is a comprehensive six session online program allowing your child to complete their grief work at home, at their own pace.

The @Home program contains multi-media content... videos, stories, activities and a downloadable digital workbook. Also available in formats for small groups and a workbook only version for those with no internet access.

Access Online: via our website

Cost: Low Cost - subsidised by IMF