



The programs are for children who are experiencing any significant loss or change, e.g.

- loss of relationship with a family member through separation, divorce, illness or death
- death of someone close to them
- chronic, long-term life-limiting illness

The programs are tailored for specific age groups

- 3 to 5 year-olds
- 6 to 11 year-olds
- 12 to 15 year-olds
- boys' groups, 8 to 11 years

The programs include a mixture of art, stories, group work, music, movement, meditation, stress reduction exercises and yoga to help children express thoughts and feelings from the heart, and manage the stress of grief or change.



For information on the paradise kids services

- individual grief counselling for children and their families
- children's grief and loss support groups:
- seven-week-programs (3-5 years and 6-11 years)
- play and therapy group (2-5 years)
- five-week boy's group (8-11 years)
- one-day workshops for teens (12-16 years)
- illness support at home or in hospital
- support groups for parents and carers
- grief counselling training programs
- special events for children and families

Call (07) 5574 6853

Paradise Kids

Support for helping children and their families affected by the grief, loss or illness or Individual Counselling

Paradise Kids

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paradise kids
a division of Hopewell Hospice Services Inc. est. 1994



Grief, Loss and Illness Support Programs for Children, Youth and their Families

Helping to heal the heartache

Are the children in your family affected by some kind of loss?

Paradise Kids offers:

- Separate support programs for children and parents or carers.
- Individual counselling for children, adults and families.
- Support programs for children living with a chronic or life-limiting illness.
- Paradise Kids provides opportunities for children and their families to receive support and counselling as they grieve.

How children grieve

Children grieve differently. They may express anger, fear, guilt and repetitive behaviour, as well as sorrow.

Grief often goes unrecognised, and thus is unsupported. Unresolved and unsupported grief contributes to many problems that children and families experience, such as:

- behaviour problems and under-performance at school
- disruptions in relationships, family and work life, now and into the future
- illness, alcoholism, suicidal ideation and drug use

How to recognise a grieving child

Children may exhibit certain physical and emotional changes:

Emotional Feelings include: shock/ denial/ lack of feelings/ fear/ regression/ panic/ explosive emotions/ guilt/ loss/emptiness/ sadness

Physical Changes: tiredness/ lack of energy/ prolonged sleeping/ difficulty sleeping/ shortness of breath/ headache/ reduced muscle strength/ restlessness/ lack of appetite/ excessive appetite/ skin rashes/ nightmares

Behavioural Changes: Regression to baby talk/ desire to be nursed/ desire to sleep with parent/ breakdown of peer relations/ taking on sick role/ inability to separate from parent/ requests for help with tasks normally done alone

The Paradise Kids Way

Paradise Kids aims to help heal the heartache. This emphasis on 'heart-work' means that we take a 'holistic' approach to address all aspects of the child - body, mind and spirit. We believe that this offers valuable life-skills, and allows our children to move forward in life and face the future with healthy living that includes love, body awareness, understanding of feelings, happiness, confidence and an inner peace able to be maintained in times of change.

I believe that the future of the world must be changed by the power of love, and that we must make the heart and soul work that is our human creative potential known to the children. Deirdre Hanna, Founding President.

How Paradise Kids can help

Parents and other carers may attempt to shield children from the pain of feelings associated with loss. In contrast, Paradise Kids programs help them to acknowledge and express the normal mixed emotions of grief, including anger, hurt and sadness, guilt and fear. Children are taught safe ways of growing through their grief by expressing and dealing with the full range of feelings in a supportive group environment. Paradise Kids helps:

- by supporting the grief and healing process of both children and parents by normalising the grief process through a group setting and peer sharing
- by empowering parents to support their children who are grieving
- by teaching children inner life skills to sustain them through future life changes and losses

How Paradise Kids provides support

The children's program is fun and includes a mixture of art activities, storytelling, breath work, stress reduction exercises meditation, guided visualisations and movement. The program is conducted in an atmosphere of peer support, with professional counsellors overseeing the program and each child supported individually by a trained volunteer grief counsellor (buddy). The sessions are designed to help children tell their stories and express their feelings about the loss in a safe way. Over seven weekly sessions, the children learn to:

- gain an understanding of the event as a loss
- tell the story to facilitate discussion about the loss
- grieve the loss and feel the feelings
- physically and creatively express strong feelings including anger - a natural response to loss - in a safe way
- deal with any 'unfinished business' around the loss
- affirm and commemorate the loss, and look forward to the future
- claim a new sense of self and feel empowered to move on

Upon completion of the seven-week program Paradise Kids can provide additional support if needed.

THE HOPEWELL CENTRE A Community of Hope and Wellbeing

Other HopeWell Programs

1. Hospice Residence

- Home-style palliative hospitality for people with life-limiting illnesses who no longer require curative treatment and who require permanent accommodation or respite care
- Nursing care, ancillary services, complementary therapies, volunteer support, bereavement care, pastoral care and spiritual guidance

2. Clare College of Transformative Education specialising in Counselling, Health and Spirituality

- Hopewell Herald Newsletter
- Education Services: Volunteer Training Courses; Grief Counselling Courses, specialising in Children and Grief; Palliative Care Courses and Seminars, Transformations of Consciousness; courses by specialist presenters
- Creative Living and Wellbeing Centre: Stress Reduction; Healthy Lifestyle Courses, Cancer Support Groups, WOW Tours (Wellness on Wheels) - stress reduction and tourism; Explorations in Spirituality and Worship.
- Counselling Services to the wider community

A Donation for Paradise Kids

Amount _____ (Cash/Cheque/Credit Card)

Card Type: _____ Expiry Date: _____

Card Number: _____

Name on Card _____

Signature: _____

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