

# One Day Loss & Bereavement Training CYP

## *Bereavement Training That Works!*

**What do I say?** Most people feel lost when dealing with bereaved children, there is normally a huge desire to protect the child and keep them safe. This concern is natural and often well intentioned, but children need to grieve and feel so that they can cope better. Knowing what to say or do can feel like a minefield and at worst our interventions can be confusing, unhelpful or even damaging.

**We can help!** - Cruse Birmingham is a local organisation and for over 40 years has been committed to helping bereaved people understand their loss and cope with their grief. Our training helps you to understand the nature of a child's grief and how to manage a grieving child in a positive and effective way. As a result you will be able to be more caring and professional, while significantly enhancing the quality of service and support that you give.

Our **Loss and bereavement CYP** course is designed for any organisation that would like to manage grieving children more effectively. The training is experiential, activity based and provides ample opportunity for discussion.

**If you want to be more prepared to deal with one of the biggest and most devastating events that can ever happen to a child, then please book your place online.**

### *Aims of the training...*

**To raise your awareness** of the issues involved with grief through theory, exercises and discussion. You will have the opportunity to explore some of the key issues that affect children, such as, whether to attend the funeral and what does dead actually mean? There will be an exploration of family dynamics and the impact this can have on a grieving child. Most importantly you gain a greater sense of who you are with this difficult topic of grief and how to keep yourself supported.

**To develop the basic skills** that are required to support and deal with a grieving child. We will also cover what to say and what not to say, and how to work with difficult feelings. There will be various exercises/demonstrations of creative ways of working with children.

**To increase your knowledge** of the grief process by presenting a variety of bereavement theories in a simplistic way that can be applied practically if required.

Costs for a full day vary depending on whether you are a Non Profit, Statutory or Corporate organisation. The costs are also influenced by the number of people to be trained, how many trainers are needed, if any bespoke work is required, whether premises and lunch are needed etc. Please contact us so that we can obtain an idea of your needs and requirements, then an accurate cost can be quoted.

**If you have any queries contact Adam Page on  
0121 687 8011 or on [adam.page@crusebirmingham.co.uk](mailto:adam.page@crusebirmingham.co.uk)**

### **Cruse Bereavement Care Birmingham**

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