

# HELPING GRIEVING KIDS GROW



Dear Parents,

We're glad you've found Feel the Magic.

We understand that this is a lonely and frightening time for your whole family and we're truly sorry for your loss.

It's understandable that the biggest priority for you right now is the health and happiness of your child.

We are here to help.

We all know there are many stages of grief, and for kids, grief changes as they grow. We offer different support to meet the needs of different age groups.

Your health is important too and we can help your whole family navigate this awful reality. Our community supports each other because, sadly, we all have a shared experience.

Here's a few way we can help your family now  
- We have guides that help you have the 'big' conversations with little people, a community hub on Facebook to talk to other parents, or register to join one of our programs.

We hope to see you soon,  
Feel the Magic Family

**FEEL THE MAGIC IS AN AUSTRALIAN CHARITY PROVIDING GRIEF EDUCATION FOR KIDS, GRIEVING THE DEATH OF A PARENT OR SIBLING. OUR AIM IS TO CREATE A WORLD WHERE GRIEVING KIDS AND THEIR FAMILIES FEEL SUPPORTED, EMPOWERED AND CAN BEGIN TO MOVE FORWARD WITH THEIR LIVES.**

Helping families across Australia, we focus on:

- teaching practical coping strategies to grieve in healthy ways
- increasing confidence and self-respect
- Reducing associated mental health impacts

Our evidence-informed programs have been developed by a clinical psychologist and are delivered by trained professionals.

**To alleviate the pressure on families, participation in all our programs is provided at no charge.**

We foster connections within families, whilst building a community of support to help you during this most difficult time.

**DID YOU KNOW, 1 IN 20 CHILDREN WILL GRIEVE THE DEATH OF A PARENT**



**THAT'S 300,000+ CHILDREN, BEREAVEMENT IN CHILDHOOD IS COMMON**

# OUR PROGRAMS



## CAMP MAGIC

Our signature program provides a safe place for your grieving child to grow.

Camp Magic is a three-day overnight stay where your child will gain an understanding of their grief and learn coping strategies to regulate difficult emotions. Each Camper is matched with a trained volunteer mentor who will be by the camper's side, supporting and encouraging them every step of the way.

## PARENT AND GUARDIAN WORKSHOP

A face-to-face emotional literacy workshop running concurrently with Camp Magic.

To help you better understand your child's feelings and behaviours as they grieve, we'll share key Camper tools you can use together at home. Involvement in this session also welcomes you into our community.

## HEALTHY GRIEVING PROGRAM

Our online 'Camp' brings grieving families together and provides a safe place to grow.

Together, you will learn a common grief language, learning tools and coping strategies. The four-session program is shared with other grieving families to reduce isolation and foster hope.

As an online 'camp' we can support your family, all across Australia.

## MAGIC QUARTERLEY'S

Our family-focused, 1-day 'Camp' involves sharing activities and learning sessions about grief. We welcome new and returning families to experience what we do and join our community.

## GRIEF RESOURCE HUB

Our hub offers free online resources following the death of a loved one or a terminal diagnosis. Our guides, tools and information are specifically tailored to your child's age and understanding of death and grief.



## READY TO TAKE THE NEXT STEP?

### Step 1

Register your interest

### Step 2

We will be in touch

### Step 3

For resources to help you NOW, visit our Grief Resource Hub



Not a single one of us would choose the heartache that grief brings, but surrounding yourself with a family of people who "get it" on so many different levels has been a blessing... that is what Camp Magic has given us... a family.



The Smith-Hooker Family