



The **Grief Centre**
of Western Australia



Happy Hearts Workshop for Kids



**Using imagination and creative writing to help
children find peace and comfort after loss.**

Children grieve significant losses in their lives just as intensely as adults. Providing a safe space for children to express their feelings through art, drawing and stories can help children navigate the grieving process.

In this workshop, children will be guided through:

- a creative writing exercise based around a positive memory of their loved one; and
- an art activity to create a happy place for their loved one.

Both activities are designed to encourage children to use their imaginations and express their feelings in a safe and positive environment.

Facilitated by

*Jevita Nilson - Children's
Author & Jody Hutchinson -
Counsellor and Facilitator*

Saturday 21 August 2021

1:00pm - 3:00pm

Grief Centre of WA

105 Banksia Street, Tuart Hill

\$50 per person \$30 for siblings

Includes workshop materials and afternoon tea

RSVP to jhutchinson@griefcentrewa.org.au

