




Children and young people experience grief just like adults, but they do not always express it in the same way. They often need help to understand their feelings and what is happening. If you would like advice about talking to your children about the loss of a special person, please contact **The Sunflower Project**.

The Sunflower Project provides advice, resources and support to bereaved families, in the form of:

-  Early intervention support at the time of a death - by telephone or as a family session
-  After the first few weeks, where a child is not coping with their grief, we can offer one to one sessions for children over 8 and up to 18 years of age. For under 9 years of age we can work with the family.
-  Events and groups throughout the year to support bereaved children and young people.

For further information please visit:

<https://www.youthcommission.gg/copy-of-support>.

Or call **The Sunflower Project** at The Youth Commission for Guernsey and Alderney

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