

“When my Dad died it felt like someone had ripped my heart out, and I felt like a nobody. Families in Grief helped me to realise it was OK to talk about my dad, and made me realise that I could express my feelings and not be afraid to talk about his death to my family and other people”. Amy - Age 15

Families in Grief supports children, young people and their families living in the North Devon and Torridge areas, who are coming to terms with the death of someone close to them.



“FiG helped open up channels of communication between me and my children, giving us the chance to deal with our grief as a family” Sue - Mum

How does Families in Grief support grieving families?

We run a series of support groups throughout the year across North Devon and the Torridge area. One is for children aged 5-12 years old, and the other, Teens in Grief, is for 13-18 year olds. These group sessions are held one evening a week for six weeks. We encourage the children and young people to explore their feelings through creative and physical activities. At these sessions the children or young people are together in one room, while their parent or carer is in another nearby.

We believe that bringing together families in similar situations, helps to lessen their feelings of isolation.



Teens in Grief: Learning to surf

What activities do Families in Grief offer?

The themes and activities of each session have been devised over many years of being alongside bereaved children and adults. The themes include: Telling your Story, Memories, Dealing with our Emotions, Celebrating Important Anniversaries, Endings, and Looking to the Future.



We have seen how difficult it is for children and young people to talk about their feelings, so encourage expression through creative and physical activities.



Masks: Happy on the outside, but sad on the inside

Bereavement Training

We can offer training and support to teachers and other professionals who come into contact with bereaved children and young people. This can be tailored to suit your individual requirements. There is a fee for this service.

Fundraising & Volunteering

Families in Grief is a registered charity so we rely on grants and fundraising to provide our service.

If you are interested in fundraising or volunteering for Families in Grief, we would love to hear from you.

You can keep in touch with our fundraising activities at www.familiesingrief.org or via Facebook or Twitter.



Talk to us

Our groups are free to attend and are open to all families living in North Devon and the

Torridge area. If

your family is grieving or if you know of a family



who are in need of our support, then please get in touch. Anyone can recommend a family, provided they have the family's agreement. Once you have made contact with us, someone from FiG will come and visit you at home to talk to you about what we can offer.

Call us: 01237 479027

Email us: info@familiesingrief.org

Donate: www.familiesingrief.org

Facebook: Families in Grief

Twitter: @familiesingrief

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Registered Charity No.1116474

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young people and their
families who have
experienced the death
of someone
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