



# HopeSpace

Children's grief support service

## Appointments

Please contact us, by phone, email, website message, Facebook or Instagram to make an appointment. If we are not available to speak to you when you contact us, please leave a message and we will get back to you as soon as possible.

## Donations

Our listening service is free. However, we welcome donations and encourage those who can afford to, to make a donation. This helps to make the service available to more children and young people.

## HopeSpace CLG

The SCCUL Enterprise Centre, Castlepark Road, Ballybane, Galway, H91 RH32

**E:** support@hopespace.ie

**T:** 091 342566



HopeSpaceGalway



HopeSpace

HopeSpace is the registered business name of HopeSpace CLG

HopeSpace CLG Registration No. 707197  
Registered Charity No. 20206474  
CHY No. 22970

[www.hopespace.ie](http://www.hopespace.ie)



# HopeSpace

Children's grief support service



Making a positive impact on the lives of children and young people who are negatively impacted by grief.

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Nothing that grieves us can be called little; by the external laws of proportion a child's loss of a doll and a king's loss of a crown are events of the same size.

- Mark Twain



## Indicators that help is needed



Sadness that persists and does not lift

Rage and defiance

Significant changes in attitude or behaviour

Falling out with friends

Irrational fear or nightmares

Loneliness, anxiety or isolation

Confusion about what happened

## How HopeSpace works

- 1 The parent/guardian contacts HopeSpace to refer the child/young person
- 2 We talk to the parent/guardian about how HopeSpace works and make an appointment to meet them
- 3 If the child/young person is not eligible for the HopeSpace service for any reason (e.g. if the death was by suicide) we provide information on alternative services
- 4 A trained volunteer meets the child/young person on their own for six sessions. They must be accompanied by a parent/guardian who waits in a separate room
- 5 We give the child/young person the option of inviting the parent/guardian to participate at the end of each session
- 6 The volunteer facilitates the child/young person to express their emotions in ways appropriate to their developmental stage though the use of a range of therapies, listening, and talking
- 7 We invite the child/young person and parent/guardian back for a follow-up session 3 to 4 months after the final session

## Why contact HopeSpace?



Children and young people often need their own space to talk about death, loss and their feelings around loss. It may help if they can talk to someone who is experienced in listening. It allows them to express strong feelings such as sadness, anger and anxiety and come to terms with the loss.



Visit [HopeSpace.ie](https://www.hopespace.ie) for more info

### Community Engagement

We organise talks and workshops to support parents, grandparents, teachers, sports coaches, youth workers and all who support children/young people through loss and grief. We publicise details in advance on our website and on social media.