

## Where Am I Now programme

The **Where Am I Now** programme is designed to help young children feel safe to talk about their feelings following the loss of a significant person from their lives.

The activities in the group are intended to help children learn about feelings and to practice skills that will help them express their feelings appropriately.

By the end of the programme the children will realise that adjustment to the changes in their lives will take time and that help is available if they become overwhelmed.

*The session titles are:*

- **All about me**
- **Looking at changes in my life**
- **Knowing my feelings**
- **Sharing my feelings**
- **My changing feelings**
- **Accepting my new family situation**



*The WAIN programme seeks to:*

- Provide a safe, friendly and neutral space where children can talk freely and in confidence about their family situation.
- Encourage children and young people to take the first gentle step in exploring changes in their family situation.
- Encourage and support children in identifying, owning and safely expressing emotions.
- Recognise and value the uniqueness of each child as an individual.
- Help children learn healthy coping strategies to deal with negative emotions

*The benefits of the course are:*

- Improved age appropriate communication skills with parents, siblings, friends and teachers.
- Willingness to share feelings about an absent parent or the loss of a loved one
- Improved self-confidence.
- Ability to safely express negative emotions.
- Feeling of having more control of their lives.
- Willingness to accept a changed family situation

**WHILE THE SERVICE IS FREE, DONATIONS ARE MOST WELCOME AND ENSURES CONTINUATION OF THIS VALUABLE SERVICE.**

*The following services are available at the Youthlife Centre*

**Counselling Service // Growing Through Change Residential Programme // Headstart Programme // Team Enrichment Residentials // WAIN Programme  
OCN Accredited Training // Safe Futures Programme // Supervised Social Events // Drop-In Service // Homework Club // Quit & Get Fit - Stop Smoking Group  
Healthy Lifestyle // Positive Parenting // Active Families Programme // Opting In Programme // Youth Health Cafe**