LION HEART
CAMP FOR KIDS

SUPPORTING GRIEVING CHILDREN FOR PROFESSIONALS

THE HIDDEN IMPACT OF CHILDHOOD BEREAVEMENT

Childhood grief is more common than many realise. One in 20 children will experience the death of one or both parents by age 16. When including the loss of siblings, other close family members and friends, over 50% of children have been bereaved.

These experiences can affect every part of a child's life. Without the right support, grief can lead to difficulties at school, anxiety, depression, even long-term health challenges. But with caring, evidence-based support, children and families can be given the tools they need to cope, adapt, and grow through grief.

At Lionheart, we believe every child deserves support in their grief. Our free programs provide children, teens, and their caregivers with compassionate support and practical strategies, helping families as they grow through grief.

COMMON GRIEF RESPONSES

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Grief is not just an emotional response to having an Important Person close to someone die. Grief impacts all of who they are. It impacts them emotionally, cognitively, physically, behaviourally, and spiritually. Impacting on a child's day to day life in many different ways.

BEHAVIOURAL IMPACTS:

- Impact on Sleep (falling asleep and staying asleep)
- Vivid dreams involving their Important Person (when they were alive, around the death or even following the death)
- Appetite changes (overeating or undereating)
- Social withdrawal
- Crying
- Sighing frequently
- Absent-minded behaviour
- Over activity or inactivity
- Searching or calling out (seeing someone who looks similar (at the shops) or calling out to the person in the house, before remembering they are no longer there)
- Regression (children regressing to previous younger developmental stages or skills ie: bed wetting)

SPIRITUAL IMPACTS:

- Loss of meaning in life (sense of emptiness)
- Increased search for meaning (purpose)
- Trigger a spiritual crisis (can create a sense of confusion, disappointment, let down)
- Can lead to people re-evaluating their beliefs and values
- Can raise questions around fairness, and afterlife or higher power
- Can strengthen people's faith
- People can find comfort, peace and hope through their beliefs and faith
- Can provide a community of others with same beliefs

Invite your child to ask questions and explore their values, beliefs and faith. It's okay if there are not answers to some questions; remind your child it's still okay to ask.

EMOTIONAL IMPACTS:

- Sadness
- Crying
- Exhaustion/fatigue
- Numbness
- Shock
- Denial
- Loneliness
- Anger
- Anxiety
- Yearning
- Pining
- Fear
- Feelings of overwhelm (chaos)
- Emotional swings
- Self blame / guilt / regret
- Survivor guilt
- Helplessness
- Relief (in some situations)

PHYSICAL IMPACTS:

- Stomach aches
- Headaches
- Restlessness
- Tightness in the throat/chest
- Breathlessness
- Heaviness in stomach
- Oversensitivity to light/noise
- or smells
- Exhaustion/fatigue
- Feeling detached
- Backaches
- Easily startled
- Immune system quite low (catch colds, or bugs going around easier)

Always visit your trusted GP or Medical Professional if you're worried about any of the above for you or your child.

COGNITIVE IMPACTS:

- Memory Loss
- Confusion
- Diffculty concentrating
- Diffculty remembering
- Distracted
- Diffculty staying in the present
- Hearing their Important
- Person's voice or noises (if a baby or child, hearing their cry)
- Everything feeling hazy or a blur
- Mental exhaustion

It is diffcult to go back into life, school, work and continue on like they did before. Life is not the same, and each person is no longer the same either. The above can impact everyone in different ways and for different lengths of time or seasons.

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HOW TO TALK WITH CHILDREN ABOUT DEATH

LION HEART CAMP FOR KIDS

Supporting grieving children with developmentally appropriate conversations.

CHILDREN UNDER 5 YEARS

DEVELOPMENTAL UNDERSTANDING

- Do not understand that death is final
- May ask when the person is coming back
- Grief is expressed through their body:
  - Stomach aches
  - Bedwetting
  - Nightmares
  - Whining
  - Clinginess

WHAT TO SAY

- Use simple, age-appropriate language
- Use examples like a pet, snail or bug to explain “alive” vs “dead”

Example: “When someone is dead, they can’t move, breathe or eat anymore”

TRY TO AVOID

- Euphemisms: “Gone to sleep”, “Passed away”, “Lost”, “Gone to heaven”
- Complex explanations as young children take things literally

WHAT CHILDREN NEED FROM YOU

- Check if they have questions and let them know that they can as at any time
- Reassure & comfort them in ways they understand (their love languages)
- Offer creative expression (drawing, crafts)
- Share memories with them of the Important Person that has died
- Use storybooks about death and the importance of their connection with their Important Person

CHILDREN AGED 6–8 YEARS

DEVELOPMENTAL UNDERSTANDING

- Beginning to understand death is final
- Curious and often ask about what happens when someone dies
- May worry others around them could die

WHAT TO SAY

- Be honest and use simple language
- Ask what they know, then gently correct or add more detail
- Explain physical death: “A body stops working. The heart, lungs or brain no longer work”
- Mention cultural or family traditions (funerals, burial, cremation, etc)

TRY TO AVOID

- Complicated language
- Avoiding the topic or question they may have
- Using words other than death, dying, dead
- Not modelling your own grief (children learn by watching)

WHAT CHILDREN NEED FROM YOU

- Acknowledge that it can feel confusing or scary
- Reassure that although death is a natural part of life, people often live long lives
- Encourage questions
- Watch age-appropriate movies that explore death and discuss them
- Create memory boxes or rituals
- Encourage storytelling about the Important Person

You don’t need to have all the answers

JUST BEING PRESENT MATTERS

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HOW TO TALK WITH CHILDREN ABOUT DEATH

LION HEART
CAMP FOR KIDS

Supporting grieving children with developmentally appropriate conversations.

CHILDREN AGED 9–12 YEARS

DEVELOPMENTAL UNDERSTANDING

- Deeper awareness of death's permanence and meaning
- May explore spiritual or cultural beliefs
- May want privacy or not share feelings openly
- May worry about being different from their peers

WHAT TO SAY

- Be factual, clear and direct
- Reassure them that all feelings are valid & there is no right or wrong way to grieve
- Answer 'why' questions honestly, even if the answer is "I don't know"
- Let them choose who they talk to (they may not want to share at school)

TRY TO AVOID

- Clichés: "Everything happens for a reason" these often dismiss the feelings of grief
- Expecting grief to look a certain way
- Assuming they want everyone to know about the death

WHAT CHILDREN NEED FROM YOU

- Explain that grief changes, it's normal for grief to feel big on some days and smaller on others
- Validate all their emotions, including joy, sadness and anger
- Let them know it's okay to laugh and still miss their Important Person
- Offer options for creative or physical outlets for their grief
- Remind them there's no "right" way to grieve. Everyone's experience is different.

ADOLESCENTS

DEVELOPMENTAL UNDERSTANDING

- Understand death's finality and long-term impacts
- Often conflicted between wanting independence and needing support
- May grieve privately and not show feelings outwardly

WHAT TO SAY

- Share detailed information when appropriate
- Check-in gently
- Create opportunities for conversation (often later at night or while in the car)
- Revisit the story of the death over time as new questions or fears may come up

TRY TO AVOID

- Dismissing the importance or depth of their feelings and grief responses (even feelings of grief about a person's death, who they have never met, particularly celebrity deaths)
- Assuming they've "moved on"
- Thinking they don't need you, they do, even if they act like they don't

WHAT ADOLESCENTS NEED FROM YOU

- Acknowledge that grief is messy and doesn't follow rules
- Let them know that you're there for them
- Show your own grief, so they feel safe doing the same
- Give them a sense of control over who they share their grief with and respect their wishes if they don't want certain people to know
- Validate the long-term impact of the death on their future

Grief looks different for every child, adolescent and adult,

AND THAT'S OKAY

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CHECKLIST OF PRACTICAL HELP

LION HEART CAMP FOR KIDS

Dear_____,

Thank you for your offer to help. It can be tricky for me to know how to ask for help or know which areas I need help in right now. I've ticked the list below with some practical ways you could be most helpful at the moment. I hope this list can help to guide you in how you can best support us.

EMOTIONAL SUPPORT

- [ ] Say my Important Person's name
- [ ] Share memories about them
- [ ] Help me plan the time ahead
- [ ] Send a message to say you're thinking of me
- [ ] Mark your calendar with important dates
- [ ] Go through photos with me
- [ ] Commit to being there for the long haul
- [ ] Invite me out, but don't push
- [ ] Spend time with me
- [ ] Help me with the hard stuff
- [ ] Write down memories you have of my Important Person so I can keep them

HOME SUPPORT

- [ ] Organise a meal train or roster
- [ ] Do the laundry
- [ ] Mow the lawn
- [ ] Clean the toilets
- [ ] Do the dishes
- [ ] Do some food prep
- [ ] Vacuum
- [ ] Mop
- [ ] Water the plants or do some weeding
- [ ] Clean the car
- [ ] Help declutter
- [ ] Move furniture
- [ ] Change lightbulbs or do some general maintenance around the house

DAY-TO-DAY SUPPORT

- [ ] Take the kids to school / park / sport
- [ ] Decorate for Christmas
- [ ] Help me contact others
- [ ] Fill out paperwork
- [ ] Babysit
- [ ] Run errands
- [ ] Help with back to school preparation
- [ ] Walk the dog

FINANCIAL SUPPORT

- [ ] Bring things over (not just food)
- [ ] Pay for things
- [ ] Buy pet food
- [ ] Help with taxes or banking
- [ ] Pay for a cleaning service
- [ ] Buy some Uber Eats vouchers
- [ ] Buy grocery shopping vouchers
- [ ] Cover school fees/daycare costs for a period
- [ ] Cover my energy or gas bill for a quarter
- [ ] Take the kids shopping

COMFORT SUPPORT

- [ ] Let me take a nap
- [ ] Bring me a care package or pamper pack
- [ ] Get me a massage voucher
- [ ] Bring me a journal or art supplies
- [ ] Get me a bookstore or Amazon voucher
- [ ] Bring the kids a soft toy or art/craft supplies

GRIEF AND SELF-CARE

LION HEART
CAMP FOR KIDS

The idea of self-care while grieving can seem so paradoxical. You may already be stretched thin, managing all the things. Then to add another 'thing' to the list may seem overwhelming. The difficultly is that we can only pour out as much as what we have inside of us and if we are not being refilled, then we will run dry. Self-care can seem like a luxury, or "I will get to that, after x, y, z is all finished". The truth, however, is that self-care is essential, without it, you won't be able to take that next step. Some self-care is simple, some requires more, some is about stopping something that takes from us. Self-care will look different to every person, but finding what works for you is important.

Below are some ideas of what this could look like; but find what is yours. Self-care does not erase the pain, but it does honour it.

LISTEN TO YOUR BODY

- Move your body in ways that feel best for you
- Rest as much as you need
- Nourish your body with food

SPEND TIME IN NATURE

- Sit in the sunshine for 10 minutes
- Watch a sunset or sunrise
- Look up at the stars
- Walk in the rain
- Go to the beach/hills/gardens etc

FEEL YOUR FEELINGS

- It's okay to distract from the heaviness of grief, but also make time to feel what you are feeling
- Cry / yell / stomp if you need to
- Seek times of solitude
- Seek times of connection
- Hold space for contradictions. Feeling anger and relief or sadness and laughter at the same time

HEALTH & WELLBEING

- Avoid listening to the news
- Avoid excessive alcohol or caffeine
- Spend time with those who bring light and warmth to your soul
- Simplify life in every way possible
- Drink warm cups of tea or a smoothie if you don't feel like eating
- Write your thoughts in a journal

STAY CONNECTED

- Remember and talk about your memories (use your Important Person's name)
- Create rituals that you feel honour your
- Important Person and how they would want to be remembered
- Talk to your Important Person or write them a letter

CREATIVE OUTLET

- Listen to or play music
- Sing / Dance
- Write / Draw
- Paint / Create

GRIEF IN THE WORKPLACE

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The death of an Important Person is a life-changing event, and it can naturally affect how someone feels and functions day to day. Some employees may need extra rest, flexibility, or space to process their grief. Others may find comfort in the structure and focus that work provides. Neither response is right or wrong. What matters most is recognising that grief is part of being human, and with care and understanding, employees can continue to contribute meaningfully while also taking the time they need to heal.

WHY WORKPLACE SUPPORT MATTERS

Workplaces can play a key role in supporting bereaved employees. For some, work offers routine, connection, and a sense of purpose. For others, returning too soon can feel overwhelming. Both responses are normal. How a workplace responds can make a significant difference to an employee's wellbeing and their sense of belonging.

COMMON IMPACTS YOU MAY NOTICE

- Forgetfulness or difficulty concentrating
- Increased sick leave or fatigue
- Emotional changes (irritability, sadness, numbness)
- Physical symptoms such as headaches or stomach aches
- Withdrawal from colleagues or, conversely, immersing in work as a distraction
- Greater vulnerability around anniversaries and significant dates (birthdays, holidays, Mother's/Father's Day)

CARING FOR THE WHOLE TEAM

Supporting one employee through grief can stir up feelings for others too. Managers may feel uncertain or helpless, and colleagues may worry about saying the wrong thing. Encourage open, respectful communication, and remind staff that grief is not something to fix. Simply being present and kind makes a difference.

WAYS TO PROVIDE SUPPORT

- Acknowledge the death: A simple "I'm sorry to hear about your [Important Person]" is far more helpful than silence or clichés.
- Be flexible: Offer options such as reduced hours, remote work, or a gradual return to regular duties.
- Clarify entitlements: Ensure employees understand their compassionate leave and any additional supports offered.
- Prioritise tasks: Focus on essentials first and ease pressure around performance.
- Check in regularly: Grief changes over time, so keep the conversation open.
- Respect privacy: Let employees decide what, and how much, they want to share.
- Plan for key dates: Ask if they'd like adjustments or time off around anniversaries.

THINGS TO AVOID

- Relying on clichés such as "time heals all wounds"
- Comparing their grief to your own
- Expecting them to "move on" by a set time
- Ignoring the loss or avoiding mention of their loved one
- Overloading them with tasks or pressure during this vulnerable period

ADDITIONAL SUPPORT

Remind employees that professional support is available if they need it. This may include your Employee Assistance Program (EAP), community grief services, or Lionheart.

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GRIEF IN THE CLASSROOM

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Around 1 in 20 Australian children will experience the death of a parent before they turn 18. This number does not include children grieving the death of a sibling, caregiver, or extended family member.

Grief can also arise from non-death experiences, such as family separation, illness, or other major changes. Every child's grief is unique and deserves to be recognised and supported with compassion.

COMMON CHALLENGES STUDENTS FACE

Grief impacts all parts of a student's life including emotionally, physically, socially, cognitively, and behaviourally.
In the classroom, this often shows up as:

- Difficulty concentrating, forgetfulness
- Tiredness, headaches, disrupted sleep
- Withdrawal, irritability, or acting out
- Falling behind in schoolwork
- Feeling different, isolated, or at risk of bullying

Students may fall behind in their learning, especially in the first 1–2 years after the death. Teenagers, in particular, may question the relevance of school when everything else feels meaningless or unstable.

However, not all students struggle academically. Some students overachieve to gain a sense of control or escape the pain. This, too, can be a concern. If a high-achieving student later experiences failure, it can trigger deep feelings of helplessness.

CARING FOR YOURSELF

Supporting a grieving student can bring up strong emotions, especially if it reminds you of your own experiences of grief or loss. This is normal. Take time to notice your feelings and seek support if you need it. Looking after yourself helps you be the supportive, compassionate steady adult your students need.

BY AGE AND STAGE

Every child grieves differently, and their grief can change as they grow. Grief is not a one-time event but something children may revisit at different points in their life. The points below are general patterns that might be observed in some children, but each child's experience is unique.

0 - 5 YEARS

- Grieve through behaviour and play (clinginess, regression, tantrums)
- Need consistent routines, honest words ("died" not euphemisms), and lots of reassurance

6 - 11 YEARS

- Begin to understand permanence of death
- May express grief through behaviour, play, or big emotional reactions
- Often feel "different" from peers

12 - 18 YEARS

- Intense emotions combined with teenage changes
- May withdraw, act out, or take risks
- Peer acceptance is important; they may hide grief or overshare online
- Benefit from respect, trust, and safe adults to talk to

IMPACT OF SIGNIFICANT DATES AND MILESTONES

Important dates such as the anniversary of the death, their Important Person's birthday, their own birthday, or events like Mother's Day and Father's Day can be especially hard.

- Students may become more withdrawn or overwhelmed
- Physical health can decline (more susceptible to colds, flu, or fatigue)
- Attendance may dip during these times
- Even 5 or 10 years later, these dates can still have a big emotional impact

Grief is lifelong and re-emerges at key milestones or as the child's understanding of life and death deepens.

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GRIEF IN THE CLASSROOM

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RISKS AND VULNERABILITY TO BULLYING

- Bereaved students may feel different, which can lead to isolation.
- Some peers may make unkind comments about their Important Person or minimise their grief.
- In some cases, students may even be encouraged to harm themselves to "join" the person who died. This kind of behaviour is harmful and must be taken seriously.

Belonging, safety, and connection at school are essential protective factors for grieving children and teenagers.

THINGS TO AVOID

*(as suggested by children and young people)

- Avoid comparing grief: saying "I know how you feel" or sharing your own story of loss can feel dismissive.
- Avoid making assumptions: not every child will cry, talk, or express their grief in expected ways.
- Don't single them out in class: avoid public comments or unnecessary attention that might embarrass them.
- Don't use clichés: phrases like "everything happens for a reason" or "time heals all wounds" these can feel empty or hurtful.
- Avoid pretending nothing has happened: it can make their grief feel invisible.

HOW YOU CAN HELP

Acknowledgement and Connection

- Acknowledge their grief: use the Important Person's name when appropriate
- Check in privately: away from peers
- Encourage belonging: remind them they are valued members of the class
- Notice interests: join their world, play, or talk about what they enjoy
- Show genuine care: simple gestures like remembering dates or asking how they are can mean a lot

Flexibility and Choice

- Offer flexibility: with deadlines, assessments, participation
- Provide choice: allow students to opt out or modify activities like family trees or Mother's/Father's Day
- Respect coping styles: some students need distraction, others need space for expression
- Give safe options: provide a break card or a quiet space when emotions feel overwhelming

Structure and Safety

- Maintain structure with some flexibility: too much or too little can be overwhelming
- Keep promises: trust is important
- Maintain predictability: routines provide comfort during uncertainty
- Create a safe classroom culture: address any bullying, encourage kindness and inclusion

Communication and Understanding

- Use clear language: words like "died" are honest and less confusing than euphemisms
- Listen more than you speak: allow them to share when they are ready
- Be patient with academic changes: grief affects concentration and memory
- Acknowledge significant dates: anniversaries, birthdays, and Mother's/Father's Day may need extra sensitivity
- Model openness: it's okay to acknowledge sadness without needing to "fix" it

TRAUMA, GRIEF & THE BRAIN

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Grief can feel even more complex when it is experienced alongside trauma. Using strategies that connect us with our body and help us make sense of our memories can support safety, calm and carrying grief forward.

HOW OUR BRAIN RESPONDS TO FEELING UNSAFE

As humans, we feel safest when life is predictable and we have some choice and control. When something threatens our sense of safety, our brains and bodies respond quickly, sometimes automatically.

Trauma is an emotional response to extremely distressing experiences that overwhelm our ability to cope.

This can come from:

- A single overwhelming event
- Or repeated smaller experiences over time

Everyone experiences and processes trauma differently. Even people who go through the same situation can feel it in different ways.

THE BRAIN'S RESPONSE TO TRAUMA

When a traumatic event happens, the brain receives a clear message: "I'm not safe."
This can trigger the parasympathetic nervous system, which prepares the body for danger. It affects:

- Breathing
- Sleep
- Hunger and thirst
- The ability to think clearly and logically

Instead of the logical brain leading, other survival-based areas take over to help keep us safe.

WHEN TRAUMA & GRIEF OVERLAP

If a child or adult experiences trauma during or around the time of their Important Person's death, this adds an extra layer to grief. It can feel like the brain gets stuck in the most painful or frightening memories.

The body releases stress hormones and neurochemicals to protect us. These chemicals also change the brain:

- Some parts of the brain shrink or become underactive
- Other parts, like those that detect threat, become overactive

These brain changes are real. They affect how we think, feel and respond.

COMMON REACTIONS PEOPLE MIGHT EXPERIENCE AFTER TRAUMA & GRIEF

- Feeling jumpy or easily startled
- Trouble concentrating or making decisions
- Short-term memory difficulties
- Less trust in themselves
- Vivid flashbacks
- Feeling numb or emotionally detached
- Strong reactions to crowds, loud noises or busy environments
- Lowered immune system and getting sick more often
- Racing thoughts or a racing heart
- Intense fatigue and difficulty sleeping
- Less interest in the world around them

These are normal responses to situations that turn our world upside down.

WHAT HELPS THE BRAIN FEEL SAFE IN THE BODY

These strategies support physical safety and calm the nervous system.

- Grounding techniques (body awareness, five senses awareness & progressive muscle relaxation)
- Slow and deep belly breathing. This regulates the nervous system and signals safety to the brain
- Gentle movement (e.g. walking, stretching)
- Looking after our physical needs with food, water and sleep
- A predictable routine helps the brain regain a sense of control and safety
- Mindful moments. Being present, when it feels safe to do so

WHAT HELPS THE BRAIN PROCESS & CONNECT

These strategies support emotional regulation, making sense of memories and social connection.

- Visualisation (imagining safe places or putting upsetting memories in a lockable box)
- Journaling or creative expression
- Self-kindness (lowering expectations)
- Community and connection (co-regulation and relational safety are key)
- Telling your story in a safe and caring spaces

CONNECT WITH LIONHEART

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WHO CAN REFER?

- Professionals (e.g. schools, GPs, counsellors, social workers, psychologists)
- Community members, local services or agencies
- Families themselves (self-referral)

HOW TO MAKE A REFERRAL

- Online contact form: Families and professionals can complete our contact form on the Lionheart website to connect with our team
- Call us on 0481 199 758 or email the Lionheart team if you prefer to speak directly

WHAT WE NEED FROM YOU

A few details such as:

- The child or teen's name and age
- The caregiver's contact details
- A short note about the young person's experience of grief
- Their location or suburb
- Any special needs or considerations

SEND AN ENQUIRY TODAY

RAW TO ROAR: GRIEF PATHWAY

Our Grief Pathway is free for families in Western Australia. It is available from the time of death (or in cases of advanced serious illness, even before) through to 24 months after

- For families with a surviving child aged 0–17
- Flexible, personalised support that adapts to the family's needs
- Caregivers receive guidance for both their child's grief and their own

NEW FAMILIES CAMP

A two-day, day camp for children and teens aged 5–17 and their caregivers

- Designed for families who are at least six months after the death of a parent, sibling or significant caregiver
- Families can attend at any point in their grief journey, as long as the children are within the eligible age group.
- Provides play-based activities for children and teens, plus a parallel caregiver program focused on understanding grief and self-care
- Creates opportunities for connection with other families and access to ongoing Lionheart programs including DRUMBEAT and Returning Families Camps
- Gives families a safe space to honour their Important Person and begin creating new memories together

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HOW YOU CAN HELP LIONHEART

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Every gift to Lionheart makes a difference. By supporting our programs, you are helping children, teens, and their families grow through grief with compassion, connection, and hope.

DONATE

Your donation directly funds free grief support programs for WA families. Contributions help us provide camps, resources, and ongoing care so children, teens, and their caregivers feel supported in their grief. Every dontation, big or small, makes a real difference and helps ensure families can access the care they need at no cost.

MAKE A DONATION TODAY

BECOME A REGULAR GIVER

Monthly donations provide stability and allow us to plan ahead with confidence. Even a small, ongoing gift ensures children and caregivers continue receiving the support they need.

VOLUNTEER WITH US

Our volunteers are the heart of Lionheart. Whether it's supporting families at camp, helping at events, or assisting behind the scenes, you'll be part of a community that makes a lasting difference.

LEARN ABOUT VOLUNTEERING

SHARE OUR STORY

One of the most powerful ways you can help is by spreading the word. Share Lionheart with your friends, family, and networks, or connect with us on social media. Word of mouth helps us reach families who need support, as well as those who want to get involved.

CONNECT WITH US

SPONSOR A CAMP OR EVENT

Partner with us by sponsoring a New Families Camp, a Returning Families Camp, or our annual Quiz Night fundraiser. Sponsorship helps cover program costs and ensures families can access support free of charge, while also connecting your business with a cause that truly matters.

WORKPLACE GIVING

Partner with Lionheart through your workplace. Regular pre-tax contributions or matched giving programs are simple, powerful ways to extend your impact.

FUNDRAISE FOR LIONHEART

From morning teas to fun runs, your fundraising efforts bring people together while raising awareness and vital funds for grieving families.

LEAVE A GIFT IN YOUR WILL

By including Lionheart in your will, you leave a legacy of care that will support grieving children and families for years to come.

YOUR IMPACT

Every contribution, no matter the size, helps families find connection and strength during one of the hardest times of their lives. Together, we can ensure children, teens, and caregivers are supported as they grow through grief.

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LIONHEART

RAW TO ROAR GRIEF PATHWAY

ABOUT US

Lionheart Camp for Kids is a WA not-for-profit providing support for children, teens and families who are grieving the death of a family member, from any cause.

FREE PROGRAM

Thanks to grant funding, there is no cost to you and your family.

ELIGIBILITY

Parents or carers who are supporting a grieving child of any age.

CUSTOM TO YOU

Support is 1:1 and each pathway is individually tailored to your needs.

COMMUNICATION

We are available to help via phone, email or face-to-face sessions.

If you are a bereaved family member, health professional or member of a school community who would like to learn more, please scan the QR code, complete the enquiry form on our website or contact us, and we will be in touch.

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RAW TO ROAR GRIEF PATHWAY

STAN PERRON CHARITABLE FOUNDATION

Impact100 western australia

PROUDLY SUPPORTING telethon 7

OUR STORY, OUR PURPOSE

Shelly is the Founder and CEO of Lionheart. As a Social Worker whose own mother died when she was a young adult, Shelly is committed to building a community where grief is seen as a healthy and normal response to death and life challenges. A world where everyone is taught the skills to identify grief and grieve in a healthy and safe way.

Shelly has a passion for supporting and educating families, educators, health professionals and the community. Empowering people to explore and discuss their life goals; communicate their end-of-life wishes with family and health professionals, and to identify and attend to their needs in grief and bereavement.

Since graduating from The University of Western Australia in 2001 with a Bachelor of Social Work, Shelly has contributed to the field of social work in health in the fields of Oncology, Palliative Care, Acquired Brain Injury, Spinal Injury and Emergency Medicine within Western Australia and the United Kingdom.

Shelly is the mother of three daughters, a published children's book author and researcher.

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GRIEF SUPPORT FOR WA CHILDREN AND FAMILIES




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