

## Life Beyond Loss

*Here for you in your time of loss*

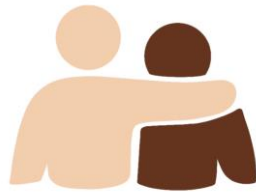
### **New Support Groups to start in November 2022**

A bereavement support pilot project was successfully completed following a collaboration between Karl Vella Foundation (KVF), The Malta Community Chest Fund Foundation (MCCF) and the Franciscans Conventuals. This success has led to the launching of a further two programmes.

'Life Beyond Loss', consists of 12 sessions led by professional bereavement therapists for two separate groups: those who have suffered the loss of a partner and parents who suffered the loss of a child. Spiritual directors are present throughout the sessions. Children of families attending both groups are also offered support by mental health professionals.

The idea to hold bereavement support groups started last summer while Claire Chircop (co-founder and chair of KVF), was in the UK undergoing a bone marrow transplant. During her time there, she met Fr Mario Sant OFM Conv. and Fr Joseph Formosa OFM Conv. who dedicate their lives to support patients and relatives/caregivers in the UK. They shared with her their concern about those families who lose their loved ones while in the UK. These initial conversations led KVF, the Franciscan Friars and MCCF to work together and launch 'Life Beyond Loss'. The project was extended to all Maltese residents (not necessarily those whose family member received treatment in the UK) who suffered a loss of a partner or a child. The Franciscans Conventuals kindly hosted the participants of the pilot project at their convent in Rabat.

Participants in the pilot programme have given very positive feedback: "Sibna ħafna imħabba, ħafna taġħlim, ħafna dahk, ħafna biki. Sibna lilna nnfusna imma naħsbu l-iktar li sibna ħbiberija sinċiera u mħabba kbira". (We found a lot of love. We learned a lot, laughed and cried a lot. We found ourselves but we think that what we found most was sincere friendship and love. Several participants mentioned that it was a great help to be able to open up with people who have been through the same loss. The children taking part in the programme also spoke about this. "F'dawn il-laqgħat għamilt ħbieb ġodda u kont nieħu gost nitkellem u nilgħab ma' tfal l-oħra li għaddejnin minn l-istess sitwazzjoni tiegħi." (During these meeting I made new friends and I used to enjoy talking and play with other children going through the same situation.) For some adult participants, it was the first time that they could express their true feelings without being judged. The professional approach of the therapists was greatly appreciated and permitted participants to finally start dealing with their loss. One participant expressed this eloquently: "tghallimt inħalli lit-tifel jistrieħ fil-paċi" (I've learnt how to let my son rest in peace). Participants said that they also valued the spiritual guidance provided by the Franciscan Conventuals - "Nammetti li għadni ħafna 'l bogħod minn Alla b'dak kollu li għalna, pero li (is-sacerdot) semgħana u ma għgħudikaniex nista' ngħid li għamilt pass il-

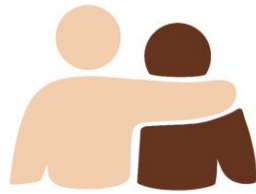


quddiem” (I admit that after what happened to us, I still feel estranged from God, but the fact that the priest listened to us and adopted a non-judgemental attitude helped me make a step forward).

The two new Life Beyond Loss programmes will be held in two separate localities, Attard and Qawra, starting November. These programmes are offered free of charge.

Registration link: <https://bit.ly/3QG0GZJ>

For further information contact KVF on [lifebeyondloss2022@gmail.com](mailto:lifebeyondloss2022@gmail.com) or on 21237928.



## Life Beyond Loss

*Here for you in your time of loss*

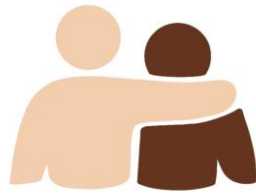
### Gruppi Ġodda ta' Sapport min-Novembru 2022

Is-suċċess ta' proġett pilota li appoġġja persuni li tilfu wild jew is-sieħeb/sieħba tagħhom, wassal għat-tnedija ta' żewġ programmi ġodda. Il-proġett pilota u l-programmi li ser jiġu immedija huma riżultat ta' ħidma kongunta bejn Karl Vella Foundation (KVF), The Malta Community Chest Fund Foundation (MCCF) u l-Patrijiet Frangiskani Konventwali.

'Life Beyond Loss', jikkonsisti fi 12-il sessjoni għal żewġ gruppi differenti – għal grupp ta' persuni li jkunu tilfu l-wild tagħhom u għal grupp ta' persuni li jkunu tilfu s-sieħeb/sieħba tagħhom. Il-gruppi huma mmexxija minn psikoterapisti. Id-diretturi spiritwali ikunu preżenti ukoll waqt is-sessjonijiet. It-tfal ta' ġenituri li jkunu qed jattendu l-gruppi ser ikunu jistgħu jattendu sessjoni huma wkoll fl-istess ħin minn professjonisti fil-qasam tas-saħħa mentali.

Il-ħsieb wara dawn il-gruppi ta' sapport għal persuni li jkunu ġarbu telfa, bdiet wara li Claire Chircop (co-founder u Direttur ta' KVF) kienet l-Ingilterra biex isirilha trapjant tal-mudullun. Waqt iż-żmien li qattgħet l-Ingilterra, Claire iltaqgħet ma' Fr Mario Sant OFM Conv. u Fr Joseph Formosa OFM Conv. li jiddedikaw ħajjithom jappoġġjaw pazjenti u l-qraba tagħhom (min jitla' magħhom biex jieħu ħsiebhom) fl-Ingilterra. Iż-żewġ patrijiet stqarru ma' Claire it-tħassib tagħhom għal dawk il-familji li sfortunatament ikunu tilfu lill-maħbubin tagħhom waqt li jkunu fl-Ingilterra. Eventwalment, saru diskussjonijiet bejn KVF, il-Patrijiet Frangiskani u l-MCCF biex jaħdmu flimkien u jniedu proġett pilota bl-isem ta' *Life Beyond Loss*. Il-proġett ġie estiż għal residenti Maltin li jkunu ġarbu telfa ta' wild jew tas-sieħeb/sieħba tagħhom (u mhux neċessarjament għal min ikun tela' l-Ingilterra biex jieħu ħsieb il-membri tal-famija tiegħu). Il-Patrijiet Frangiskani Konventwali laqgħu l-ewwel parteċipanti ta' dan il-proġett ġewwa l-kunvent tagħhom fir-Rabat.

Fost il-ħafna kummenti pożittivi mingħand il-parteeċipanti, intqal; 'Sibna ħafna mħabba, ħafna tagħlim, ħafna daħk, ħafna biki. Sibna lilna nfusna imma naħsbu l-iktar li sibna ħbiberija sinciera u mħabba kbira.' It-tfal li kellhom il-grupp tagħhom ukoll ħallew kummenti pożittivi; 'F'dawn il-laqgħat għamilt ħbieb ġodda u kont nieħu ġost nitkellem u nilgħab mat-tfal l-oħra li għaddejmin minn l-istess sitwazzjoni tiegħi.' Għal uħud mill-adulti, din kienet l-ewwel darba li setgħu jesprimu l-emozzjonijiet tagħhom mingħajr ma jhossuhom iġġudikati. Il-mod li mxew bih il-psikoterapisti kien imfaħħar ħafna li waslu lill-parteeċipanti biex bil-mod il-mod jibdew jittrattaw it-telfa tagħhom. Parteċipant minnhom qal; 'tgħallimt inħalli lit-tifel tiegħi jistrieħ fil-paċi.' Parteċipanti oħra apprezzaw ukoll il-gwida spiritwali pprovduta mill-Patrijiet Frangiskani Konventwali; 'nammetti li għadni ħafna 'l bogħod minn Alla b'dak kollu li ġralna, pero' li (is-saċerdot) semgħana u ma ġġudikaniex nista' ngħid li għamilt pass 'il quddiem'.



Iż-żewġ programmi l-godda ta' *Life Beyond Loss* ser jibdew f'Novembru, 2022 f'żewġ lokalitajiet differenti – H'Attard u l-Qawra. Dawn il-programmi huma bla ħlas.

Agħfas hawn biex tirreġistra: <https://bit.ly/3QG0GZJ>

Għal aktar informazzjoni agħmlu kuntatt ma' KVF fuq [lifebeyondloss2022@gmail.com](mailto:lifebeyondloss2022@gmail.com) jew fuq in-numru: 21237928

