



PROGRAMMES BOOKLET



Karl Vella
foundation
Here to Care

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Karl Vella Foundation Programmes

Karl Vella Foundation (KVF) offers group psycho-educational programmes as part of its services.

The programmes are grouped by age, and have a particular medium. They are specifically designed to allow children the space to explore their thoughts and emotions in a safe way. Also, with the support of the facilitator, the children can process these feelings. It is important that the children attend their programme weekly, as there is a continuous build up throughout the sessions.



In the middle of the sessions, the children are given a short break. This allows the different groups to mix and play together. During the break, if any children wish, staff is always available to talk and play with them.



At the end of the sessions, all children join in for 'Circle Time'. This activity involves the children and staff standing in a circle. Everyone is given the opportunity to say something to the group as a way to end the day. Then those who wish stand in the middle, and the rest of the group move in towards them in a sort of group hug.

Bringing Imagination to Life

Age: 8-10 years

Medium: Physical

Day of session: Every Monday

Time: 5-7 pm

Frequency: Once a week

This programme will be using stories and art in order to encourage the children to be the authors of their own stories. It will enable them to shape their perceptions of their own experiences.

The aspect of story-telling, and story-writing, are very important for children of this age, as it allows them to escape into the world of imagination.



Incorporating art will help them to explore the values and messages passed on through the stories. Thus, the session will pass on certain skills and human values to the children.

The last part of each session will be dedicated to the processing of the story, thus ensuring a therapeutic outcome for the programme.

To apply, fill in the following form: <https://bit.ly/3s2M6Ac>

Creative Minds

Age: 5-7 years

Medium: Physical

Day of sessions: Every Wednesday

Time: 5-7 pm

Frequency: Once a week



This programme will take the children on a creative journey. The sessions will involve the use of arts and crafts, clay and painting.

The aim of this programme is to tap into the children's creativity, and use art as a way to express their emotions. Moreover, art will also be a medium through which certain skills and values can be passed on to the children.

A mental health professional will also be present during the sessions to support the children to process any emotions which arise. This will be done on a one to one basis, where the children will be given the opportunity to talk briefly about whatever comes up during the session.



To apply, fill in the following form: <https://bit.ly/3KsATSa>

Expression Through Art

Age: 8-12 years

Medium: Physical

Day of sessions: Every Monday

Time: 5-7 pm

Frequency: Once a week

This innovative programme will be making use of art as the creative expression to support children going through a difficult experience such as trauma.

The use of art will not only act as a medium through which the children can express any feelings they might have, but will also help them to process these emotions.



The sessions also provide the children with a safe place where they can explore their thoughts.

It provides a language to support children where words may not be enough to process the wounds whilst making new meaning of the experience that led to trauma or difficult experience.

To apply, fill in the following form: <https://bit.ly/3x2ze1h>

Just for Teens!

Age: 13-17 years

Medium: Physical

Day of sessions: Every Friday

Time: 5-7 pm

Frequency: Once a week



The sessions will take on the format of a group discussion. The programme will also make use of different mediums such as painting, clay and games, as a way to pass on life skills to the teens.

This programme aims to help encourage the teenagers to reflect and discuss various topics relevant to them. Such topics include gender identity, relationships with the self and others, body image and self-esteem.



The sessions allow the teenagers to understand that they are not alone in some life experiences that they go through, and this can help create a supportive system between them.

To apply, fill in the following form: <https://bit.ly/3wzbDE3>

Let's Have Fun!

Age: 5-7 years

Medium: Physical

Day of sessions: Every Monday

Time: 5-7 pm

Frequency: Once a week



This programme will be using a mixture of activities such as arts, crafts, and games.

The aim of the sessions is to use fun and creative activities to allow the children to express their thoughts, feelings and emotions.



The programme will also support the children to become more creative and to be flexible thinkers. Moreover, through the arts and games, certain values and skills will be passed on to the children. Being in a group where all the children are experiencing similar situations can also act as a form of support to the children.

To apply, fill in the following form: <https://bit.ly/3ocwHME>

Little Dragons

Age: 8-10 years

Medium: Physical

Day of sessions: Every Friday

Time: 5-7 pm

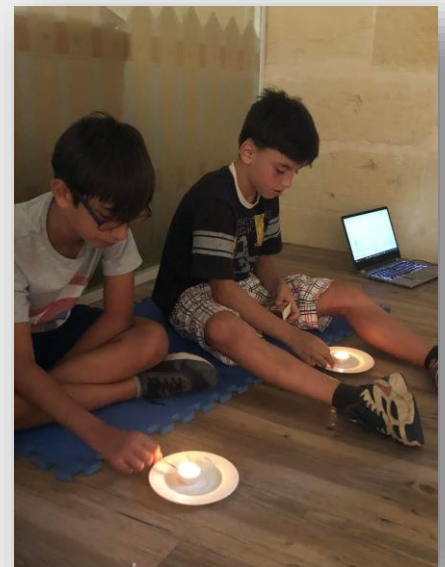
Frequency: Once a week



The programme aims to empower children going through difficult experiences using the principles found in the art of Kung Fu (internal martial arts).

The programme encourages and makes use of somatic practice, as a way to enhance the children's inner resources and intrapersonal skills such as; resilience, motivation, assertiveness, and positivity.

The programme will also be making use of meditation and mindfulness practice which includes breathing and relaxation techniques. This will allow the children to ground themselves, both within the sessions, but also throughout their everyday life.



To apply, fill in the following form:

<https://bit.ly/3KVbjVP>

Making Connections

Age: 11-16

Medium: online

Day of sessions: Thursdays

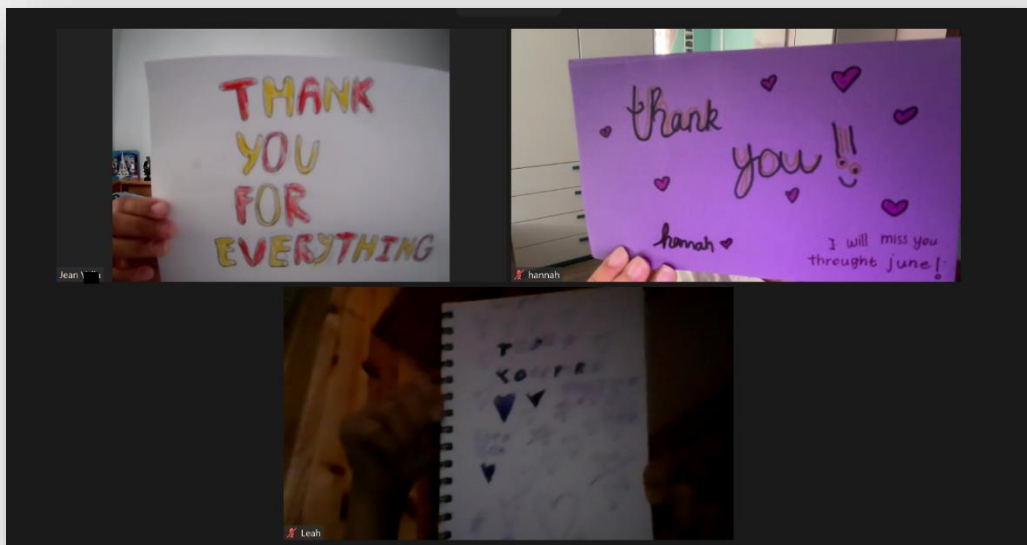
Time: 4-5:30pm

Frequency: Once a week

Making Connections is a discussion-based online programme.

Throughout the sessions various topics such as anxiety, sadness and anger will be discussed. The main aim of these sessions is to allow the

adolescents to share their own coping skills, while also learning other ways to handle situations. This will allow the adolescents to connect to each other's experiences, and be of support to each other. The facilitator of the sessions will also be present to help the adolescents process any emotions which come up.



To apply, fill in the following form: <https://bit.ly/3gbiBqp>

Speaking with Colours

Age: 8-10

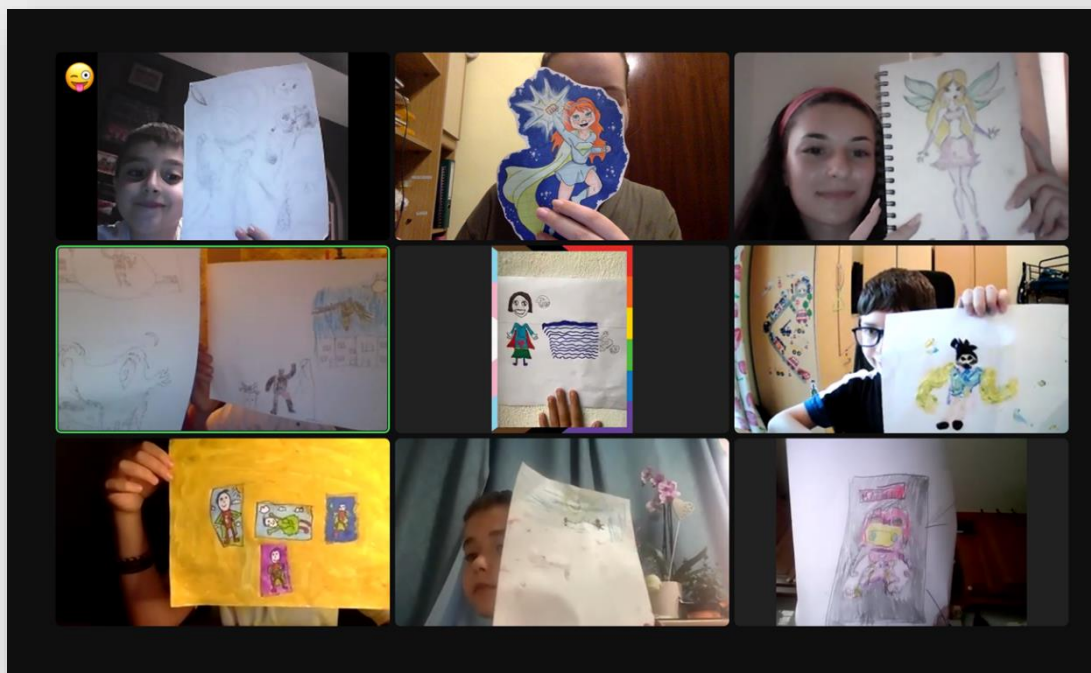
Medium: Online

Day of sessions: Thursdays

Time: 6-7:30pm

Speaking with Colours is an online programme which provides a creative outlet for the children's thoughts and emotions, while allowing them to enjoy creating artwork. This programme will be using arts and crafts to help the children tap into

their imagination and create various objects with their own hands. Arts and crafts will be a creative modality for them to visualise and externalise their feelings. Other learning outcomes of this programme include enhancing interpersonal and communication skills, aiding the children in recognising their inner resources, and improving their self-awareness. The sessions will also have the therapeutic support of the facilitator.



To apply, fill in the following form: <https://bit.ly/3KsZTc1>

You Matter

Age Group: 11-12 years

Day of sessions: Every Wednesday

Time: 5-7 pm

Frequency: Once a week

The aim of this programme is to show the children that they matter. The sessions will help them ground themselves, strengthen their sense of self, and provide them with coping skills to deal with their experiences.

The programme will be providing them with the space to go through their experiences together, while also being of support to one another.



This programme will take on the format of a group discussion and will aim to encourage the adolescents to reflect and discuss various topics. While some topics may be related to illness and loss, this programme allows the adolescents to bring their own experiences into the group, and so other topics such as identity, relationships, and bullying will be discussed.

Following the group discussion, the last part of each session will be dedicated to the processing of emotions and thoughts which might have come up during the discussions.

To apply, fill in the following form: <https://bit.ly/3qZAD4Q>

If you have any further questions, you can contact us via
email: info@karlvellafoundation.org
Or by calling us on: +356 21237928