



Karl Vella  
foundation  
Here to Care

## January to June 2023 Psycho-educational Programmes

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Provides educational and psychological support to children disrupted by the loss or illness of a family member







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Karl Vella Foundation has been providing educational and psychological support to children in families disrupted by the illness or loss of a family member for the past 6 years.

We are pleased to inform you that KVF will be extending 'The Wellness Pod' project once again for the year 2023. This is offered to children between the ages of **5-17 years old who are going through the illness or loss of a family member.**

Below find a document containing all relevant information about the programmes, along with the referral link on the last page. The children can choose any of these programmes according to their respective age bracket and situation. All programmes are **free of charge.**

Due to the limited number of places available, we urge you to refer at your earliest convenience.



Il-Fondazzjoni Karl Vella ilha tipprovdi appoġġ edukattiv u psikoloġiku għal tfal milquta minn mard jew telfa fil-familja għal dawn l-aħħar 6 snin.

Grazzi għas-suċċess tal-proġett 'The Wellness Pod' li beda f'Marzu tas-sena 2020, KVF ser terġa testendi dan is-servizz. Tfal ta' bejn il-**5-17 -il sena, li huma milquta minn mard jew telfa fil-familja**, jistgħu jibbenifikaw minn dan il programm matul is-sena 2023.

Ma' din l-email għandkom issibu l-informazzjoni meħtieġa dwar il programmi flimkien mal-link fejn tistgħu tirreferu. It-tfal jistgħu jagħżlu il-programmi skond l-eta' u s-sitwazzjoni tagħhom. **Il-programmi huma bla ħlas.**

Peress li l-postijiet huma limitati, nhegġukom tirreferu mill-aktar fis possibbli.

## The Wellness Pod

The Wellness Pod is a group of psycho-educational programmes for children between the ages of 5 to 17 who are going through the illness or loss of a relative. The programmes are age specific and use different mediums in order to allow the children to express and process any feelings or thoughts they might be experiencing in relation to their situation. For the year 2023, The Wellness Pod will include 8 psycho-educational programmes.

Once a child is referred to KVF, a meeting is done between KVF and the family.

This meeting will allow KVF to formulate a care-plan for the child, so that individualised care may be provided. The care-plan will contain the child's needs and goals, which were highlighted during the initial meeting with the family. These care-plans are reviewed every few months with the caregiver/s to keep updated on the child's psychological progress, as well as to remain updated with the child's family situation.

At the end of the sessions, Circle Time is done as a closure between all programmes occurring on the same day at KVF. This activity allows the children to meet other groups of children which would have had a session at KVF that day. During Circle Time, the children are provided with a space to share how they are feeling at the end of their sessions. It also allows the professionals, and other KVF staff to meet and share a few minutes with the children, and vice versa.

### Summary of Wellness Pod Programmes

<b>Name of Programme</b>	<b>Age Group</b>	<b>Situation - Illness or Loss</b>	<b>Day of Session</b>	<b>Page</b>
Bringing Stories to Life	8-10 years	Loss of a family member	Mondays 5-7pm	5
Expression Through Art	8-10 years	Illness of a family member	Mondays 5-7pm	6
Nurturing Me!	11-13 years	Illness or loss of a family member	Mondays 5-7pm	7
Creative Minds	5-7 years	Illness of a family member	Wednesdays 5-7pm	8
Speaking with Colours	5-7 years	Loss of family member	Wednesday 5-7pm	9
Little Dragons	8-10 years	Illness or loss of a family member	Fridays 5-7pm	10
Just for Teens!	13-17 years	Loss or Illness of family member	Fridays 5-7pm	11
Connecting to Nature	ALL AGES	Illness or loss of a family member	Fridays 5-7pm	12

Referral Form is on page 13

# Bringing Stories to Life

Day of Session: Mondays 5-7pm

Duration of Programme: January 2023 – June 2023

KVF's Bringing Stories to Life is a group programme for children between the ages of 8 to 10 years, who have experienced a loss of a family member. The sessions are facilitated by a mental health professional. The programme uses story-telling and story-writing as a way to help the children process their grief. The sessions also involve activities such as drawing, painting, and games, to help them express any feelings or thoughts related to their bereavement.



This is a closed group, which will run for a total of 6 months. A closed group allows the children to be able to build trust between themselves, which in turn will make the children feel safe to share and open up.

# Expression Through Art

Day of Session: Mondays 5-7pm

Duration of Programme: January 2023 – June 2023



Expression Through Art is a group programme for children between the ages of 8 to 10 years, who are experiencing the illness of a family member. The sessions are led by an art therapist, who by using art techniques, is able to help the children cope better with their current situation. The programme provides the children with a safe space where they can share, but also process any fears or worries they might have.

This programme is a closed group, which will run for a total of 6 months. Since this is a group therapy-type programme, it is important that the children build a sense of trust between them to be able to feel supported by the group, as well as the therapist.





# Nurturing Me!

Day of Session: Mondays 5-7pm

Duration of Programme: January 2023 – June 2023

KVF's Nurturing Me! is a group discussion-based programme for adolescents between the ages of 11 to 13, who are going through the illness or loss of a family member. This programme is facilitated by a mental health professional. The sessions allow the group to discuss different topics, while making use of various modalities to help them process and express emotions in a healthy way.



This programme will run for 6 months, and is a closed group. This allows the adolescents to get to know each other and build trust within the group, to be able to create a safe space for them to talk and share.

# Creative Minds

Day of Session: Wednesdays 5-7pm

Duration of Programme: January 2023 – June 2023



Creative Minds is a KVF group programme for children between the ages of 5 to 7 who are experiencing the illness of a family member. The sessions are facilitated by a mental health professional. Through the use of arts and crafts, the children are able to express their feelings and emotions in a safe way. By having a professional facilitating the sessions, the emotions which emerge can be processed.

This is a 6-month long programme. The group will be closed, and so this will allow the children to bond and in turn will help them feel comfortable to share any fears or worries with the group and facilitator.



# Speaking with Colours

Day of Session: Wednesdays 5-7pm

Duration of Programme: January 2023 – June 2023



Speaking with Colours is a group programme for children between the ages of 5 to 7 who have experienced a loss in the family. The sessions use art as the medium through which the children can express and process their grief. The programme is facilitated by a mental health professional.

This KVF programme will run for 6 months, and is a closed group. This will give the children time to get to know each other and build a safe space so that they will feel comfortable to share any emotions or worries with the group and facilitator.





# Little Dragons

Day of Session: Fridays 5-7pm

Duration of Programme: January 2023 – June 2023

KVF's Little Dragons is a group programme for children between the ages of 8 to 10 years, who have experienced the loss or illness of a family member. The sessions use Kung-Fu and meditation as a way to express and process emotions. The sessions are facilitated by a mental health professional trained in Kung-Fu.



Little Dragons will run for 6 months, and is a close group programme. This allows for the sessions to have a build-up and enough time for emotions and thoughts to be processed.

# Just for Teens!

Day of Session: Fridays 5-7pm

Duration of Programme: January 2023 – June 2023



Just for Teens! is a group discussion-based programme for teens between the ages of 13 to 16, who have experienced a loss or illness in the family. The sessions are facilitated by a mental health professional. The programmes will use discussions as well as activities such as painting and drawing, to allow the teens to share about and process their experiences. The teens are also able to be of support to each other through this process.

This KVF programme is a closed group and will be held for 6 months. This allows the teens to get to know each other, and build a safe environment between them, to be able to feel comfortable to share any thoughts or feelings with the group.



# Connecting to Nature

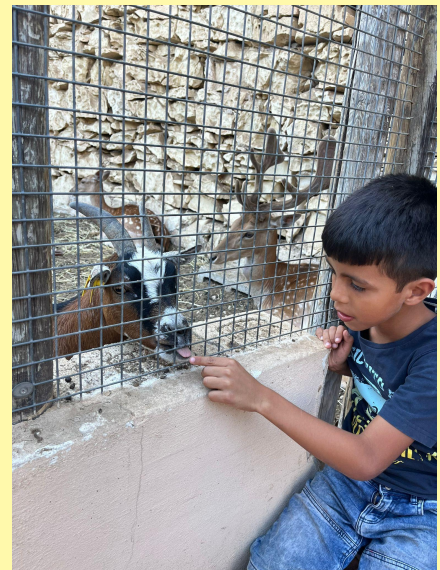
Day of Session: Fridays 5-7pm

Duration of Programme: January 2023 – June 2023



Connecting to Nature is a KVF programme which focuses on the environment. Through their connection with nature, the children are able to grow and heal. The sessions are for children of all ages who are experiencing the illness or loss of a relative.

This is an open programme, and the children will be grouped according to their age. This programme allows the children to orient themselves to KVF, and begin feeling safe in group sessions. Once they feel ready, they can move on to a closed group, which will help them process their situation in a more specific way.





Should you wish to refer any children to our services, please scan the QR Code for our referral form.



Once the referral is received, we will contact the family to schedule a registration meeting to see how KVF can support the child/ren.

Should you require more information please visit our website  
<https://karlvellafoundation.org/>

If you have any questions or queries please email on  
[info@karlvellafoundation.org](mailto:info@karlvellafoundation.org) or call us on 21237928