



Matika - An eight-week bereavement support programme for tamariki

We are delighted to announce that places are now open for Matika, Skylight's new psychoeducational group programme for bereaved children.

Matika provides an opportunity for children who have experienced the death of someone close to them, to connect with others in their own age group who are experiencing a similar loss. Together the children learn about the big emotions of grief, ways to cope with the loss, and ways they can continue to feel close to the person who has died. Run by trained facilitators, the children are guided through a range of age-appropriate activities.

Each group meets weekly, for eight weeks.

Wellington Dates

For tamariki aged 6 – 9 years.

**3.45pm – 5.15pm Tuesday: August 2nd | 9th | 16th | 23rd | 30th
September 6th | 13th | 20th**

For tamariki aged 10 – 13 years.

**3.45pm – 5.15pm Wednesday: August 3rd | 10th | 17th | 24th | 31st
September 7th | 14th | 21st**

This programme is free to attend. Contact us to find out more or register your interest in your child attending, please email info@skylight.org.nz

