

JC Echoes of Love Fund

From Bereavement to Fulfilment

*Bereavement Bridging Support
for Children and Youth*

Every child is independent and unique. They will react differently depending on their personality, physical and mental condition, family background, and closeness to their deceased loved ones. Parents are encouraged to accept their children's emotional ups and downs, provide companionship and listen to their feelings when needed.

Children often experience a range of emotional responses in reaction to the death of a family member, including fear, sadness, guilt, anger, unease, worry, feelings of abandonment, and anxiety

Actions Responding to Children's Emotions

When a child feels scared, worried and uneasy



Make a mood doll that they can hold to bring them comfort and support



Listen to relaxing sounds or music, and make a favourite playlist



Spray calming scents on some objects (such as clothing or toys) to help with relaxation

When a child feels sad



Choose empowering colored beads to make a necklace or bracelet, or place the beads in a small container



Eat dark chocolate and bananas to stimulate the synthesis and release of serotonin, thereby enhancing feelings of happiness

When a child feels angry or guilty



Express inner thoughts and feelings through writing, drawing, or other creative outlets



When a child feels anxious, confused, or abandoned

Use the "Butterfly Hug"[®] (wrapping their arms around themselves and gently patting) to provide comfort to stabilize emotions

Parents should also attend to their own well-being while caring for their children. They need to give themselves the opportunity and space to express their emotions, address their own needs, and move forward with love alongside their children.

Operation Partner:



Address:

Room 1011A, 10/F, Tower A, Hunghom Commercial Centre
39 Ma Tau Wai Road, Hung Hom, Kowloon

Office Hours: Monday-Friday 9:30am - 1:00pm, 2:00pm - 6:00pm

Contact Us

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Website:



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The Hong Kong Jockey Club
Charities Trust

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Project Objective

To develop a positive trajectory for grass-roots children and youth ("C&Y") who have lost parents.

Project Uniqueness

Designated Trajectory Development Manager ("TDM")

To comprehensively assess the needs of the bereaved C&Y, facilitate in discovery of potential, and co-develop Individualised Development Plan ("IDP").

Child and Youth-centred Bereavement Support

TDM will provide support for bereaved C&Y and surviving caregiver to cope with grief, adapt to new life and build support network by giving assistance in delivering death news, arranging funeral, counselling, setting up therapeutic and mutual support groups.

Monthly Financial Support for up to Five Years

A maximum HK\$2,000 per month to realise strength-based IDP.



Bereavement Support (for C&Y and surviving parent/caregiver)

- Funeral Preparations
- Funeral Companionship
- Bereavement Counselling
- Bereavement Support Group and Activity



C&Y Development Support

- Individualised Developmental Plan
- Positive Trajectory Fund
- Mutual Support Group



Community Support

- Family Activity
- Social Resources Platform

Eligibility

- Hong Kong residents under the age of 18 (full-time students aged 18-21 may be considered based on discretion).
- C&Y who lost parent(s) or legal guardian(s) in the past 30 months.
- Meet the following household income and asset limits:
 - Not above 75% of median monthly household income by household size as per the Census and Statistics Department; and
 - Hong Kong Housing Authority Net Asset Limit for Public Rental Housing

Application

Should be assessed by a registered social worker from the Government, non-governmental organisations (NGOs) or Hospital Authority. The completed referral form should be emailed to jcelf@skhwc.org.hk.

The referral form is available on the service website.

