



Karl Vella
foundation
Here to Care

Karl Vella Foundation's 2022 Programmes

*(All programmes are free of charge)



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FREE ONLINE PROGRAMME

MAKING CONNECTIONS

Designed for children going through a difficult time, particularly an illness or a loss of a family member.



- Enables us adolescents to connect with ourselves and those around us
- Enhances our coping skills

AGES: 11 - 16YRS

- Aids us in strengthening our empathy towards others



Every Thursday from 4PM - 5:30PM



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A.M. MANGION GROUP

Making Connections

Age: 11-16 years

Place: Zoom

Date and Time: Thursdays 4pm-5:30pm

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.

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



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Bringing Stories To Life

An amazing opportunity to embark on a journey of storytelling and imagination!

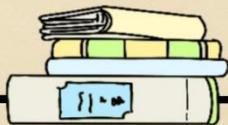
Free
transport
will be
provided

Every Monday:
8-10YRS at 5PM-7PM
Held at the KVF
Centre, Attard

Designed for children going through a difficult time, particularly illness or loss of a family member.

BENEFITS:

- Spark children's imagination and curiosity
- Exploring different meanings of each story



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Bringing Stories to Life

Age: 8-10 years

Place: KVF Centre

Date and Time: Mondays 5pm-7pm

This programme uses stories to encourage the children to be the authors of their own experiences while allowing them to escape into the world of imagination. The aspect of storytelling, and story writing, are very important for children of this age, as it allows them to escape into the world of imagination, while also grounding them with the values and messages passed on through the stories. Thus, the session will pass on certain skills and human values to the children. The children will also be discussing and creating stories themselves

Registration link: <https://bit.ly/3s2M6Ac>



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LITTLE DRAGONS

Designed for children going through a difficult time, particularly an illness or a loss of a family member.



- Transport will be provided
- Ages: 8-10

BENEFITS

- Empower children using the principles found in the art of Kung Fu
- Enhance children's inner resources and intrapersonal skills
- Improve children's breathing and relaxation techniques



Held at the
KVF Centre,
Attard



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Little Dragons

Age: 8-10 years

Place: KVF Centre

Date and Time: Fridays 5pm-7pm

The programme entitled 'Little Dragons' 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.

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



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FREE ONLINE PROGRAMME

Let's Have Fun!



Designed for children going through a difficult time, particularly an illness or a loss of a family member.



DATE AND TIME
Tuesday
6:00PM - 7:30PM



AGES 5 - 7
years



BENEFITS

- Improves flexible thinking.
- Helps children to be more creative.
- Enables them to let go and have fun.



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Let's Have Fun!

Age: 5-7 years

Place: Zoom

Date and Time: Tuesdays 6-7:30pm

This online programme will be using a mixture of activities such as arts and 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.

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