



Karl Vella
foundation
Here to Care

Karl Vella Foundation's 2022 Programmes

(For children between the ages of 5-16 years, who are going through the loss or illness of a family member)

*(All programmes are free of charge)



Dear Parents/Legal Guardians,

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 offering once again 'The Wellness Pod' programme for the year 2022. **This programme is offered to children between the ages of 5-16 years old who are going through the illness or loss of a family member.**

The children can choose any of these ongoing programmes according to their respective age bracket. All programmes are free of charge. **Due to the limited number of places available, we urge you to apply at your earliest convenience.**

For more information, email programmes.kvf@gmail.com or call on 77024998. Below find a document containing all relevant information about the programmes, along with their registration link.

Once again, we look forward to having your children joining our programmes,

Warm regards,

KVF team



Għeżież Ġenituri/Kustodji,

Il-Fondazzjoni Karl Vella ilha tipprovdi appoġġ edukattiv u psikologiku għal tfal milquta minn mard jew telfa fil-familja għal dawn l-aħħar 6 snin. Grazi għas-suċċess tal-proġett onlajn 'The Wellness Pod' li beda f'Marzu tas-sena 2020, KVF ser terġa testendi dan is-servizz. **Tfal ta' bejn il-5-16 -il sena, li huma milquta minn mard jew telfa fil-familja, jistgħu jibbenifikaw minn dan il programm matul is-sena 2022.**

It-tfal jistgħu jagħzlu il-programmi skond l-eta' tagħhom. Il-programmi huma bla ħlas. **Peress li l-postijiet huma limitati, nhegġukom tapplikaw mill-aktar fis possibbli.**

Għal aktar informazzjoni ibagħtu email fuq programmes.kvf@gmail.com jew ċemplu fuq 77024998. Mehmuża ma' din l-email għandkom issibu l-informazzjoni meħtieġa dwar il-programmi flimkien mal-link fejn tistgħu tapplikaw.

Għal darb'oħra, nittamaw li naraw lit-tfal tagħkom dalwaqt,

Dejjem tagħkom,

It-tim ta' KVF



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SPARK Art

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

- Mondays from 5PM - 7PM
- Ages: 8 - 12 years old
- Starting April 25th 2022

BENEFITS

- Provides a safe space for children to process their emotions in a creative way
- Allows children to express their thoughts and feelings through art techniques

- Held at the KVF Centre
- Transport will be provided



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SPARK Art

Age: 8-12 years

Place: KVF Centre

Date and Time: Mondays 5pm-7pm

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 programme provides a space for children to process thoughts and express their feelings in a safe and creative way. 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.

Registration link: <https://bit.ly/3x2ze1h>



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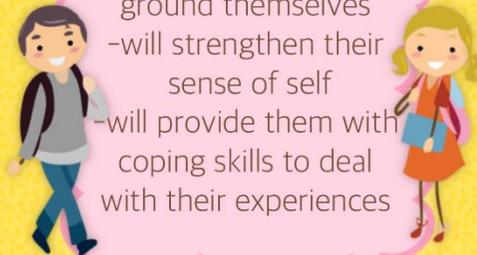
You Matter!

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

Held at KVF
Centre, Attard

Age: 11-12 years

Every Wednesday
• 5PM-7PM



BENEFITS

- will help children to ground themselves
- will strengthen their sense of self
- will 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.

Transport will
be provided



You Matter

Age: 11-12 years

Place: KVF Centre

Date and Time: Wednesdays 5pm-7pm

This programme will take on the format of a group discussion. 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. The programme will be providing them with the space to go through their experiences together, while also being of support to one another. The sessions will also help them ground themselves, strengthen their sense of self and provide them with coping skills to deal with their experiences.

Registration link: <https://bit.ly/3qZAD4Q>