



Story Explorers is a life story project with a difference!



Our staff at Community Family Care work closely with the child's Social Worker, family, Foster Carers and any other important figures in the child's life, who are able to help build their individual life story.

Each child is provided with fun and engaging sessions to create their own time line of their life from birth. Our creative and therapeutic approach enables children to develop an understanding which they can relate to. Over a few sessions, we help the child to make sense of their time line and absorb the information. Other sessions include creative activities such as re creating a house that they have lived in using boxes and craft materials. This in turn prompts the child's memories and discussion.

In the final session, each child receives their own story book that is theirs to keep and add to as they progress through their journey. Our life story work uses metaphoric storytelling that is both tactile and fun, to help children and young people engage and embark on their own journey of discovery. The stories allow the child to see different perspectives and different pathways, and help the child to understand their history.



Please contact either Sasha or Rae for more information and prices.



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www.communityfamilycare.co.uk



Providing family support services to children, young people and families in Gloucestershire.



Story Explorers!



Therapeutic life story work.



Registered charity number: **1150166**.



Story Explorers

Therapeutic Life Story Work

How?

Metaphoric stories that resonate with the child
Age appropriate communication
Multi faceted
More than a picture book
Tactile

FUN!

Who?

Produced and delivered by
Community Family Care staff
with a flair for creative work
with children, through the use
of therapeutic play sessions
and metaphoric story telling.

Impact

Designed to help
children prepare for
adoption, long term
care, or any difficult
transition such as
living in a step parent
family.

- They allow the child to see different perspectives and pathways
- They shape new thinking
- Healing and enriching
- Aim to reduce self blame, worthlessness, and feeling unlovable

- They help the child understand their history
- To come to terms with chronic sorrow and loss
- They deal with difficult feelings/emotions
- Help the child to find coping strategies

AIM