



# Living Well North Tyneside

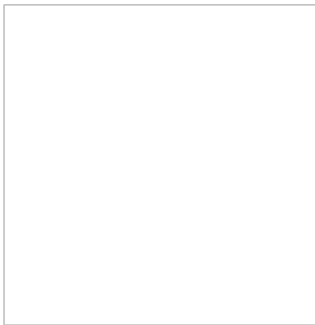
Supporting Health and Wellbeing

At Holding Hearts, providing high quality Bereavement support is one of our core objectives and it is something that we feel incredibly passionate and committed too. We support children and young people through our bespoke 8-week program. Please note, we sometimes have funded places available for this support, for those living in the North East, including Northumberland, North Tyneside and Newcastle upon Tyne.

Play and Creative Arts Therapy is best suited to children 4-12 years who are facing challenges that are impacting on their Mental Health and Emotional Well-being.

In addition to our therapeutic services we also run training for other professionals on topics such as "supporting bereaved children" and "SandStory Skills®"

We are members of the **Mental Health Alliance**. You can read more about it [here](#).



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# Services

Children's Bereavement Support

## Things to do

No Activities

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