



Karl Vella
foundation
Here to Care

Karl Vella Foundation's 2022 Online 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

Every Thursday from 4PM - 5:30PM

- Aids us in strengthening our empathy towards others



AGES: 11 - 16YRS

Starting January 2022



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cm
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/3oy6FTq>



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Speaking With Colours

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



BENEFITS

- provides a creative outlet for the children's thoughts and emotions
- enable children to visualise and externalise their feelings through arts and crafts

AGE: 8-10 YRS

Held on Zoom

Every Thursday

- aiding the children in recognising their inner resources
- enhancing interpersonal and communication skills
- improving their self-awareness

THURSDAY

• 6 PM - 7:30 PM

• Starting
January 2022



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Speaking with Colours

Age: 8-10 years

Place: Zoom

Date and Time: Thursdays 6-7:30pm

The programme provides a creative outlet for the children's thoughts and emotions, while allowing them to enjoy creating artwork. This programme will be using arts and crafts to help the children tap into their imagination and create various objects with their own hands. Arts and crafts will be a creative modality for them to visualise and externalise their feelings. Other learning outcomes of this programme include enhancing interpersonal and communication skills, aiding the children in recognising their inner resources, and improving their self-awareness. The sessions will also have the therapeutic support of the facilitator.

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



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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



BENEFITS

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



AGES 5 - 7 years
Starting
January 2022



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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/3cpfHwm>