

The Mollitiam Project

Non-talking therapy for bereaved young people



Treetops
Hospice

When someone close to you dies, you may struggle with a powerful range of emotions.

Sometimes it can be difficult to express your grief in words, and the idea of talking one-to-one with a counsellor is too daunting. This is normal and you are not alone.

The Mollitiam Project offers 8 sessions of creative group therapy for young people who have been affected by a traumatic bereavement.

It is a chance to express your grief without talking about your loved one, and an opportunity to meet other young people who have also been bereaved.

What's involved

The Therapy includes a programme of 8 weekly sessions, held at Treetops Hospice on a Tuesday between 5.30pm and 7.30pm.

Groups will be made up of between 6-12 young people either aged 11-16 years or 8-12 years and include:

- Expressive activities such as animal therapy, drumming therapy, art therapy, mindful movement and complementary therapy
- Educational activities to help with understanding grief and managing feelings
- The creation of a personal journal to record the highlights of the programme.



Who is eligible

The Therapy is available free of charge to young people who are registered with a GP practice in Derby city, Erewash or the southern Derbyshire area, or have used Treetops Hospice services.

How to make a referral

Enquiries can be made by parents, carers, GPs or other professionals, and self-referrals by young people aged 15yrs+.

For more information, contact the Counselling and Emotional Support Service on 0115 949 6944 or therapy@treetops.org.uk

Course dates 2026

Summer course: 5 May—30 June 2026 (8-12 years)

Tuesday 5 May: The Journey Begins – ‘Acknowledging’

Tuesday 12 May: What’s Happening to Me? – ‘Changes’

Tuesday 19 May: Equine Therapy – ‘My Resources’ (in Etwall)

Tuesday 2 June: Art Therapy – ‘Remembering’

Tuesday 9 June: Reshaping Relationships – ‘Continuing Bonds’

Tuesday 16 June: Drumming Therapy – ‘Releasing our Emotions’

Tuesday 23 June: Yoga and Complementary Therapy – ‘Self-care’

Tuesday 30 June Wrapping it All Up – ‘Endings’

Next course 22 September—17 November 2026 (11-16 years)

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Treetops Hospice Trust is a
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