

In a time of grief/trauma,

How can I Help?

When there is a death in the family, especially that of a child, there is usually a cycle of mourning and bereavement which include many different feelings like disbelief, anger, sadness, loneliness, fear, regret guilt, despair and personal loss. These are all part of the grieving process and different people go through this process in different ways.

The AART of Life Foundation

AART is the acronym for Abioye Aronke Taiwo, who died suddenly and tragically in an accident in April 2002. In keeping with the values with which this remarkable lady lived her 24 short years on earth - beauty, compassion, creativity, sensitivity and charity - the foundation was created to provide a support system for a series of community and individual development activities. Grief counseling is one of these.

What is Grief Counseling?

Grief counseling is the process of helping individuals who are grieving come to terms with the trauma of their loss. One of the key services of The AART of Life Foundation is to provide grief counseling support to people who have lost a child or sibling in tragic

Grief/Trauma Counsellors

The AART of Life Foundation provide training programmes for volunteers who want to be Grief Counselors. The foundation has assembled a team of psychiatrists and psychologists to facilitate the programmes.

Who Can Be an AART of Life Grief Counselor?

- * A person who has a desire to help.
- * Has an understanding of personal limitations.
- * Is empathetic, warm and caring.
- * Is transparent and honest.
- * Has a positive outlook on life.
- * A history of personal tragedy will be an advantage.
- * Is available and consistent.

The AART of Life Foundation's

4-Step Approach to Grief Counseling

AART of Life has evolved a 4 step approach to Grief Counseling and all AART of Life Counselors will be trained in the five steps.

Step 1: Theory

Step 2: Practical

Step 3: Clinical

Step 4: Town Hall Meetings

Are you interested in becoming a Grief Counselor?

Are you over 21 and a committed individual?

Would you like to volunteer to be part of this pioneering scheme?

Would you like to make a difference in the lives of people?

Please contact us at:



*"Be yourself, be kind to others, do good to others.
reach out to those in need and
....develop your God given talents."*

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