



Angel Blankets

Harnessing inner strength & connections

Angel Blankets is a resilience and recovery program that helps participants rediscover meaning and connections in their lives, and aims to nurture and support children and carers who have experienced stressful life events.

Participants have the opportunity to create a blanket which holds a colourful representation of love, protection, warmth and safety.

Through the use of symbols such as family, pets, friends, places and events, children can tap into their internal knowledge and strengths to design and create an Angel Blanket.

An Angel Blanket is a reminder for participants of what keeps them strong, connected and loved. It is a tangible object that represents a safety net and source of strength in their life, allowing them to be wrapped in angels.

Adapted from
Mary Jo McVeigh's
"Wrapped in Angels" Program

3 day school
holiday program/
6 week group

**A resilience &
recovery program**