



## *ONLINE WORKSHOP SERIES*

# Parenting While Grieving:

## Supporting a Child Grieving the Death of a Parent

During these interactive meetings, we will explore:

- the impact of the loss on children
- developmental reactions to the grief process
- strategies for dealing with the challenges of parenting while grieving

We will practice the essential parenting skills of listening, expressing, problem-solving, and setting limits within the context of a grieving family.

The 7-week series will be facilitated online by CaringMatters' trained staff on Wednesday evenings, 7:00 pm - 8:30 pm, with the first session scheduled for October 4, 2023.

The series is offered free of charge, and space is limited to the first 10 registrants. Participants must reside in Montgomery County, MD.

**The online series schedule for Wednesday evenings,  
7:00 pm - 8:30 pm on Zoom:**

October 4, 2023  
October 11, 2023  
October 18, 2023  
October 25, 2023  
November 1, 2023  
November 8, 2023  
November 15, 2023

**REGISTRATION  
DEADLINE:  
September 25, 2023**

Information and registration, contact:  
Mabilia Rastello, [mabiliar@caringmatters.org](mailto:mabiliar@caringmatters.org) or 717-800-1631