



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 19, 2022.

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:**

**REGISTRATION
DEADLINE:
October 10, 2022**

October 19, 2022
October 26, 2022
November 2, 2022
November 9, 2022
November 16, 2022
November 30, 2022
December 7, 2022

**Information and registration, contact:
Mabilia Rastello, mabiliar@caringmatters.org or 717-800-1631**