



ONLINE WORKSHOP SERIES

Parenting While Grieving:

Supporting a Child Grieving the Death of a Parent

During these interactive meetings, we will discuss:

- 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.

This 8-week series is offered free of charge, with space limited to the first 10 registrants. Participants must reside in Montgomery County, MD, and will be better served by this workshop when they are at least a few months past the initial loss. The workshop series will be facilitated online by CaringMatters' trained staff.

The online series is scheduled for Wednesday evenings, except for the FIRST session, which will be on a Monday.
Meetings are 7:00 pm - 8:30 pm on Zoom.

MONDAY, September 29th
Wednesday, October 8th
Wednesday, October 15th
Wednesday, October 22nd
Wednesday, October 29th
Wednesday, November 5th
Wednesday, November 12th
Wednesday, November 19th

REGISTRATION
DEADLINE:
Friday, September 19, 2025

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