



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 workshop series will be facilitated online by CaringMatters' trained staff on Wednesday evenings, 7:00 pm - 8:30 pm, with the first session scheduled for February 28, 2024.

The 8-week 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:**

February 28, 2024

March 6, 2024

March 13, 2024

March 20, 2024

NO MEETING March 27, 2024
(MCPS spring break)

April 3, 2024

April 10, 2024

April 17, 2024

April 24, 2024

**REGISTRATION
DEADLINE:
February 19, 2024**

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