



Parenting While Grieving: Supporting a Child Grieving the Death of a Parent

ONLINE WORKSHOP SERIES

When a child loses a parent, everything changes for them and for you. In this workshop we will help you, as the remaining parent or caregiver, navigate these changes as a family. Join other grieving parents/caregivers in this interactive workshop to:

- Learn how children and youth express grief at different ages.
- Ask questions about parenting your grieving child
- Explore how to support and communicate with your children as they process feelings of loss.
- Strengthen family resilience.
- Discover ways to create space for yourself and your grief while supporting your children.

- This 8-week series is offered free of charge; space is limited to the first 10 registrants.
- Participants must reside in Montgomery County, MD.
- Sessions are held on **Wednesday evenings, 7:00 pm - 8:30 pm** on Zoom.



By Mari Andrew

March 4, 2026
March 11, 2026
March 18, 2026
March 25, 2026

NO meeting April 1st for MCPS Spring Break

April 8, 2026
April 15, 2026
April 22, 2026
April 29, 2026

REGISTRATION DEADLINE:
Monday, February 23, 2026

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