



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 March 1, 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:**

March 1, 2023

March 8, 2023

March 15, 2023

March 22, 2023

March 29, 2023

Break for MCPS Spring Break (Mar 31 - April 10)

April 12, 2023

April 19, 2023

**REGISTRATION
DEADLINE:
February 20, 2023**

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