



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.
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- 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

September 30, 2026
October 7, 2026
October 14, 2026
October 21, 2026
October 28, 2026
November 4, 2026
November 11, 2026
November 18, 2026

**REGISTRATION DEADLINE:
Tuesday,
September 22, 2026**

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