



# *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 2, 2022.

The series is offered free of charge, but space is limited to the first 9 registrants. Participants must reside in Montgomery County, MD and be one year past the death.

**The online series schedule for Wednesday evenings,  
7:00 pm - 8:30 pm on Zoom:**

**REGISTRATION  
DEADLINE:  
February 18,  
2022**

March 2, 2022  
March 9, 2022  
March 16, 2022  
March 23, 2022  
March 30, 2022  
April 6, 2022  
April 13, 2022

**Information and registration, contact:  
Mabilia Rastello, [mabiliar@caringmatters.org](mailto:mabiliar@caringmatters.org) or 717-800-1631**