



## *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 September 30, 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:**

September 30, 2024  
October 9, 2024  
October 16, 2024  
October 23, 2024  
October 30, 2024  
November 6, 2024  
November 13, 2024  
November 20, 2024

**REGISTRATION  
DEADLINE:  
September 18, 2024**

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