



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 on Zoom by CaringMatters' trained staff on Wednesday evenings, 7:00 pm - 8:30 pm.

The 8-week series is offered **free of charge**, and space is limited to the first 10 registrants. Participants must reside in Montgomery County, Maryland.

**For more information and to register, contact
Mabilia Rastello, mabiliar@caringmatters.org or 717-800-1631.**