



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 February 19, 2025

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**

February 19, 2025
February 26, 2025
March 5, 2025
March 12, 2025
March 19, 2025
March 26, 2025
April 2, 2025
April 9, 2025

**REGISTRATION
DEADLINE:
February 10, 2025**

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