

# Parenting Through Loss and Grief



**Date:** Monday, April 19<sup>th</sup>

**Time:** 1:30-2:30pm

**Method:** Online via ZOOM

Please join us for a conversation on parenting through loss and grief. Together we will discuss how children move through grief, answer your questions and share helpful resources.

During this one-hour online session we will explore:

- What is grief
- What grief can look like in children
- Communication and coping tools for families
- Parenting strategies and self-care
- Resources: information and community supports

**Hosted by Katie Simms (NSHA), Lilly Bacon (NSHA) and  
Emma Pringle Boutilier (SchoolsPlus)**

To register go to [www.esfamily.org](http://www.esfamily.org) or call Eastern Shore Family Resource (ESFRA) at 902-827-1461.



*Eastern Shore*  
Family Resource Association