



## PROGRAM FOR PARENTS

TUESDAY, APRIL 7, 2020

HORAN & MCCONATY | 5303 E. COUNTY LINE ROAD, CENTENNIAL, CO 80122

### Parenting While Grieving

6:30-8:00 pm

The purpose of this workshop is to help you, as someone who is dealing with your own grief, balance your needs with the needs of the children in your care. It may seem counterintuitive, but taking care of yourself is actually one of the wisest and most responsible decisions you can make during times of grief, loss and hardship. It can also be one of the hardest things to do.

General concepts covered in this course will include: Grief 101; Common challenges in grief; Understanding the impact of development on your child's grief; Continuing bonds, tradition, and ritual; Understanding your own coping style; Managing negative coping and playing to your strengths; Self-care; The impact of grief on the family; Assessing and utilizing your support system effectively; Identifying community resources.

**Register: <https://bit.ly/2uhMa4L>**

**Free program but please register. Questions? Call 720.443.3178**

Litsa Williams, MA, LCSW-C and Eleanor Haley, MS in Counseling Psychology, are Co-Founders and Program Directors of **What's Your Grief**. Litsa and Eleanor are Baltimore-based mental health professionals with 20+ years of experience in grief and bereavement. They have both experienced the death of a parent and have dealt with life after that loss. Neither of them knew what resources were available to them at the time, and they fumbled through the darkness alone. Later they wondered why should anyone have to feel alone when so many of us have been through grief ourselves? For this reason, they are committed to delve into anything and everything grief-related and to provide a place where people can come to support and be supported. [www.whatsyourgrief.com](http://www.whatsyourgrief.com)



Shimmering Wings provides grief support and education to people of all ages who have experienced a childhood death loss to help them recognize their inner strength and foster healing and connection with others. It's programs include Camp Erin Denver, a free weekend camp for grieving children and teens, ages 6-17, and an overnight camp for adult caregivers of grieving children.