

Parenting Workshop Series

Transitions GriefCare's parenting series is open to parents and caregivers of grieving children and teens who want to learn more about childhood grief, discover parenting strategies specific to child/teen grief, and meet other grieving caregivers. Session content may also include issues such as limit setting, sleep strategies, school issues, communication, and self-care. Childcare for kids ages 5 and up provided upon request.



Tuesdays from 6–8pm

- **January 12: “Is That Normal?”** Understanding normal grief reactions in kids/teens.
- **February 9: “Limit setting with grieving kids/teens”** Learn how to set limits with your grieving child. Session will include opportunities to practice limit setting.
- **March 8: “Self-care? Who’s got time for that?”** Discussion of strategies for taking care of yourself (and taking care of your kids). Session will incorporate experiential relaxation strategies.
- **April 12: “Sleep Strategies: what’s normal, what’s not, and how to get the kids to bed”** Information about grief’s impact on sleep and how to help kids feel safe, comfortable, and find a bedtime routine while grieving

Limited space available. Pre-registration is required one week prior to workshop; two weeks if childcare requested. To register, please call (919) 719-7199 or email Kate Sutton at ksutton@transitionslifecare.org

