

# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Tuesday 15th  
July



10:30am or  
7:30 pm



Held on  
MS Teams

Please email the address below

## THIS MONTHS TOPIC:

### **SUPPORTING CHILDREN THROUGH GRIEF AND LOSS: A GUIDE FOR PARENTS AND CARERS**

Join us for this session where we will acknowledge the impact of bereavement on children and families and share some ways to support children through grief and loss.

We will look at some possible strategies and resources for emotional support and talk about encouraging open, honest communication with children and young people at this time and when and how to seek extra help.