

Good Grief: supporting youth through grief and loss

More details:

- For parents/caring adults
- Youth cope with loss in different ways than adults; learn what you can do to help get through.
- Time for Q & A is allocated at the end of each session.
- Free!

About the facilitators:

- This session will be led by *Learning Through Loss* Clinical Counsellors who are committed to educating our community with evidence based, research informed knowledge and practices in providing support to youth who have experienced loss or grief.

ABOUT THIS EVENT

The COVID-19 pandemic has brought with it a lot of change, loss and grief. For many youth, not only are all the missed milestones and celebrations challenging, but they are also dealing with the loss of intangible things such as security, familiarity, closeness etc.

Friends of Living and Learning Through Loss will be holding this special, 90-minute virtual workshop for parents, grandparents, teachers, counsellors and other adults who would like to learn more about how to recognize and help grieving youth through this challenging time.

WHEN: Tuesday, November 23 from 6:30-8:00pm.

JOIN ONLINE VIA ZOOM:

<https://tinyurl.com/f9y6arrx>

