## **HOPE Virtual Parent Support**

## **Illness and Bereavement**

**Tues 19th March 7pm** 

## Thurs 21st March 10am

- ⇒ Supporting your child through illness of a loved one
- ⇒ How to prepare a child for an expected bereavement
- ⇒ Understanding the grief process
- ⇒ Resources and signposting
- ⇒ Managing your own grief while supporting your family

Feel free to listen off camera and mic ouse the chat facility to participate

What a wonderful project, amazing advice, thank you!

Parent & \*\*\*\*
Carer Support

These sessions are really useful and very re-assuring

## **HOPE Parent Support Sessions**;

a safe place to find information, chat and learn from each other through shared experience.

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

keddieHOPE2021@outlook.com



