CaringMatters

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

*Expanding Opportunity and Unleashing Potential*

This webinar is presented by CaringMatters in partnership with the MCPS Employee Assistance Program.

# WEBINAR - Grief: Supporting Yourself and Those You Care About
# Tuesday, January 25, 2022, 4:30pm - 5:30pm

Grief is a normal and natural response to loss that we all experience at some point in our lives. However, we don't always know how to best support ourselves and others who are grieving. Nothing will take away the pain of grief, but there are ways to build resilience and things we can do to better cope in the midst of grief.

Join us for a straightforward discussion of grief, including tools and strategies for coping and building resilience and ways to match our words and actions with our good intentions towards anyone grieving the loss of someone close to them.

This informative webinar will discuss:

- Grief and the impact of Covid
- Tools and strategies to help support yourself, your loved ones and your community
- Online resources and reading recommendations
- Children's grief and strategies for parenting while grieving

## Presenters:

**Jim Rossi**
Director, Adult Bereavement Services
CaringMatters

**Gilly Cannon**
Director, Children's Bereavement Services
CaringMatters

Online Registration: https://conta.cc/3JEJsZg

*CaringMatters, a nonprofit organization based in Gaithersburg, MD, offers specialized social and emotional support programs, free of charge, for adults, children and families in Montgomery County facing serious illness, caregiving challenges, end-of-life, loss and grief.*
*For more information, visit CaringMatters.org*