

# Good Grief: supporting youth through grief and loss

## More details:

- For parents/caring adults
- Youth grieve in different ways than adults; learn what you can do to help the grieving get through.
- Time for Q & A is allocated at the end of each session.
- No registration fee

## 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 grief support to youth.

## ABOUT THIS EVENT

The COVID-19 pandemic has brought with it a tremendous amount 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 Good Grief Workshop for parents, grandparents, teachers, counsellors and other adults supporting youth who would like to learn more about how to recognize and help youth through grief and loss during difficult times.

**WHEN:** Tuesday, June 15th from 7:30-9:00pm.

**REGISTER VIA EVENTBRITE LINK:**

[HTTPS://TINYURL.COM/4SU7HHB3](https://tinyurl.com/4SU7HHB3)

