



# 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

What a wonderful project, amazing advice, thank you!

These sessions are really useful and very re-assuring

*Feel free to listen off camera and microphone the chat facility to participate*

## 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

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SCAN ME



<https://us02web.zoom.us/meeting/register/tZwsde6ggT0jG9Z1P-U0lckA4Y7KBzYDihxU>