



The Consortium of Berkeley Heights, Chatham, Millburn, New Providence, and Summit School Districts invite you to attend

Parent Wellness Series

Webinar:
Grief and Loss
During the COVID-19 Pandemic

Grief is not just the loss of life it is the loss of our normalcy - our routines, freedom, independence, activities, friendships, end of year celebrations...

Presented by: Lisa Athan of Grief Speaks

Wednesday, September 23, 2020
7:00 PM

Webinar Link:

<https://us02web.zoom.us/j/86745130779?pwd=UDB0M21zYmx3My94ZFhOWk1IbzRCdz09>

Parents join us for this special event:

- Losses and transitions as it pertains to the COVID-19 pandemic
- Grief - signs in youth; how it presents differently at various ages
- Effective communication and healthy coping strategies
- Protective factors in nurturing resilience
- Identifying when a child may need more support
- Resources for grief and loss

Because we care