

Child & Adolescent Bereavement Service



How to deal with change and loss Supporting parents and carers of children with neurodiversity.

These group sessions will cover:

Thursday 28 September – “Loss, change and neurodiversity”

Thursday 26 October – “Coping with challenging behaviours: what I can do as a parent”

Thursday 23 November – “Family traditions and beliefs in managing grief”

Thursday 14 December – “Communication: conversations within families and beyond”

It is recommended that all sessions are attended as a series.

In a safe supportive space, these group sessions will explore:

- Understanding children and young people's reactions to change and loss
- Learn ways of coping with challenging behaviours
- Develop new communication skills
- Examine ways of adapting to changes in a safe and supportive environment

"We found the group very helpful, insightful and well organised. We learnt a lot especially around reframing our thoughts & language."

- Parents who attended our Parent Support Groups in Spring 2023.



Lansdowne House,
Harlington Hospice,
UB3 5AB.
10.30 - 12.00
Free to attend.

To register, please email cabsreferrals@harlingtonhospice.org

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