



Learning in a Nutshell

1 HOUR POWER LEARNING SEMINARS

The Grieving Child

Has your child lost a parent or loved one either through death or divorce?

This session is designed for carers of children of all ages. It will provide you with strategies to alleviate direct stress from your child's life. There is a wide misconception that young children do not feel grief and so do not need assistance when they are bereaved by their loss. This session will give you a view of what to say and what not to say to your child through difficult times. Topics include:

- Understanding the grieving process and all the emotions that come with it
- Managing the physical symptoms that your child may also display in a time of loss
- General guidelines for supporting your stressed child and signs and symptoms of stress
- Ways to develop both yours and your child's skills to assist them through any future loss or stresses

Although this may be a difficult time for you, you need to know your child will cope with their loss. This seminar will introduce you to responsive ways to care and reassure your child that everything will be OK.

VENUE:

MPS Training Centre

Unit 9/141 Flemington Road
Mitchell, ACT

Check our website for course dates

MPS

training

exceeding expectations

Book now!

Contact our friendly MPS Training staff today, but be quick as seats are limited!

Ph | 02 6123 0500

E | training@mpsolutions.com.au

W | www.mpsolutions.com.au

\$55 per person, OR... bring a friend and pay only \$44 each!!!!