

Community Education Service



Improving emotional health and wellbeing

Supporting Children Through Grief and Loss

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Rocky View Schools and MHCB Stepping Stones to Mental Health

To watch a child, grieve and not know what to do is a profoundly challenging experience for parents and caregivers. Many life experiences may generate feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving, losing a prized possession, and shared experiences throughout the COVID-19 pandemic.

This session aims to support caregivers in addressing cultural norms which limit the expression of negative emotions and empower healthy, effective interventions to support their child's experience of grief and loss. We will explore guidelines for supporting children in developing lifelong, healthy responses to loss and how caregivers can help them through tough times.

March 10, 2025
1:00 PM - 3:00 PM

[Click here to register](#)

FREE

[online event](#)



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta**, **Rocky View Schools** and **MHCB Stepping Stones to Mental Health**.