

# 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](mailto:cabsreferrals@harlingtonhospice.org)

Registered Charity in England & Wales Number 1099332 | Company Number 04199504