



VIRTUAL Family Nights on Zoom

Grief Support for the Whole Family

Please join us for virtual Family Nights on Zoom! During this time of physical distancing, family grief support is more important than ever. Our virtual Family Nights, **offered free of charge**, bring grieving families together online ahead of holidays and other special days to promote sharing and communication.

CaringMatters' Family Nights workshops help families learn coping tools, plan for handling celebrations, and mark the absence of their loved one(s). Art activities, facilitated by trained volunteers, encourage parents and children to create something together as a way to continue conversations about their loved ones and to help keep their memories alive.

For the virtual Family Nights, families will need a space where they can do an art project together, as well as a device, preferably a tablet or computer, to access Zoom. CaringMatters will deliver all necessary art project materials a few days prior to the online workshop.

Each workshop is designed to be independent of the others, so that families can come to one or more as they choose.

Appropriate for families with children ages 5-18. Registration is required. Please contact Gilly Cannon, gillyc@caringmatters.org, 301-990-8904.

**Upcoming Family Nights, to be held online,
6:00 p.m. - 7:30 p.m. on the following dates:**

Pre-Winter Holidays, December 10, 2020 (registration deadline December 4)

Pre-Valentine's Day, February 4, 2021 (registration deadline January 29)

Pre-Spring Holidays, March 18, 2021 (registration deadline March 12)

Pre-Mother's Day/Father's Day, May 6, 2021 (registration deadline April 30)