

How Do Children Grieve?

An Information Talk for Parents & Carers

Date: Tuesday, November 22nd

Time: 6:30pm to 8pm

Venue: Leixlip Library

This event is for anyone who is supporting a bereaved child or young person. If you are a parent, grandparent, carer, teacher or relative you may find this event helpful.

Guest Speaker: Úna Holstead

Úna Holstead is a systemic psychotherapist. She coordinates the therapy services at the Curragh Family Resource Centre. She has previously worked as part of the Barnardos Children's Bereavement Service team and with children in the care system.

This event is for anyone supporting a bereaved child/ young person through any circumstance - illness or sudden death; and may have lost a grandparent, parent, friend, sibling, relative or teacher. The talk will include:

- How children can experience grief,
- The different ways grief can affect a child/young person,
- What you can do to support a child who has been bereaved,
- Where can you find additional supports

There will be representatives from a range of local and national bereavement supports at this event. Information and resources will be available for you to take away and, if you wish, you can talk with service representatives about the supports they provide. Refreshments will be available throughout the morning.

This is a FREE event but BOOKING is required. Bookings can be made via this weblink <https://www.eventbrite.ie/e/how-do-children-grieve-an-information-talk-for-parents-and-carers-tickets-442930566247> -

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