



VIRTUAL Family Nights

Grief Support for the Whole Family

Please join us for Virtual Family Nights on Zoom! Our Family Nights, **offered free of charge**, bring grieving families together ahead of holidays and other special days to encourage sharing and communication between adults and children.

CaringMatters' Family Nights workshops help grieving families learn coping tools, plan for handling celebrations and honor their loved one(s). Art activities, facilitated by trained volunteers, provide families with an opportunity to create something together as a way to explore their feelings, remember their loved ones and keep their memories alive.

For virtual Family Nights, families will need a space where they can work on a project together, as well as a device, preferably a tablet or computer, to access Zoom. CaringMatters will deliver all art 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.

To learn more visit caringmatters.org/family-nights or contact Gilly Cannon at gillyc@caringmatters.org, 301-990-8904.

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

Winter Holidays & Special Days, December 8, 2022
(registration deadline: December 2)

Valentine's Day & Special Days, February 2, 2023
(registration deadline: January 27)

Spring Holidays & Special Days, March 23, 2023
(registration deadline: March 17)

Pre-Mother's Day/Father's Day & Special Days, May 4, 2023
(registration deadline: April 28)