



Real-World Parenting Series

FREE
parenting videos
and Q&A presented
via Facebook
and Zoom

April's Topic of the Month: Grief and Mourning

Grief and mourning are very complicated, especially for children who may not understand what words like "loss" and "death" really mean. In addition, missed proms, dance recitals, sporting events and time away from friends have made us look at "loss" in a new way. Karen Smothers, LSCSW, LCAC, will talk about how loss affects children at different ages. Karen will also offer practical advice on what parents can do to help.

- The first three Thursdays of each month, FSGC will post short videos about the Parenting Topic of the Month to our Facebook page (www.facebook.com/FSGCtopeka). The videos will offer practical parenting tips and advice.
- On Thursday, April 28, you'll have the chance to ask your questions about grief and mourning in a **FREE** live Q&A session via Zoom. We'll also answer pre-submitted questions at that time. Live Q&A sessions will run from 6:30:7:30 p.m. CDT.

To get the Zoom link for the live Q&A and to submit your questions, go to FSGCtopeka.com/parenting and click the red "Register Here" under the Topic of the Month.

Spots for the Q&A session are limited – first-come, first-served.

Registrants will receive a link to the live Q&A via e-mail by 5 p.m. CDT the day of the Q&A.

For more information, contact Jim Williamson at jwilliamson@fsgctopeka.com or 270.8907.

- **Follow us on Facebook (facebook.com/FSGCtopeka).**
- **Register at FSGCtopeka.com/parenting.**



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