

Milford Care Centre Social Work Department



Parenting programme for those caring for bereaved pre-school age children



Bereavement Support Service

Parenting programme for those caring for bereaved pre-school age children

This programme is for parents who have bereaved pre-school age children (under 5 years).

Over five sessions parents will discover ways to:

- Share their common experiences
- Explore the effects of loss on their pre-school children
- Learn the ways young children heal from trauma
- Understand the significance of tears, laughter, rage and play in healing

The concept of therapeutic play is introduced. Parents will be supported in using this form of play with their child as a healthy expression of grief.

Where? Milford Care Centre,
Castletroy, Limerick.

Cost? There is no fee for the course.

If you would like further information about the Parenting Bereaved Pre-school Children programme please contact the Social Work Department during office hours on 061 485800

