

# GRIEF & LOSS MATTERS



*"Parents are a child's first and most important teacher"*

## SUPPORTING ADULTS AND CHILDREN WITH GRIEF AND LOSS

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Grief and loss has tragically been enwrapping our lives since the beginning of this pandemic. Countless have lost family and friends to COVID19 and as a society we have been enveloped in the loss of togetherness, community and family events and celebrating milestones. Children too have lost a huge amount of formal education and just as adults, social connection. This talk will provide a safe, containing space to talk about loss and how it affects us all individually. We will consider how to understand loss and grief and provide supportive strategies to navigate such challenging times. Psychological tools around how we respond, navigate and explore grief will be discussed.

## SESSION OUTLINE

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- The importance of acknowledging grief and what it means to you.
- The importance of knowing what grief can do to you.
- Supporting you and those around you in your grief
- Knowing when more professional help needs to be sought and where to go
- Exploring psychological, biological & biochemical brain changes when we experience loss
- Supporting yourself or others when Mental Health is a concern

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity to ask questions

## HANNAH ABRAHAMS (SPEAKER)

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Trained as a primary school teacher and subsequently a Child and Educational Psychologist at the Institute of Education in London, Hannah works in both the state and private sector. She has worked in significant trauma and crises including supporting families and children directly affected by the Grenfell Tower Disaster. Over the past 18 years including becoming a mother of 3 children she has worked in Inner London Boroughs in Schools and with Mental Health Teams to provide support to children and families.

She has a special interest in Autism and supporting children in developing their emotional intelligence as well as key specialisms in specific learning difficulties including Dyslexia and Dyspraxia. Hannah also regularly works with new mothers and fathers, supporting their transitions into parenthood.