

Who should come to the program?

- » Parents or caregivers of children between the ages of three and eighteen who are grieving the death of a parent or primary care-giver
- » Death of the parent or caregiver occurred a minimum of three months prior to the start of the program
- » Families with all causes of death are welcome to participate



Circle of Care

east bay agency for children

2540 Charleston Street

Oakland, Ca 94602

Circleofcare@ebac.org

510-531-7551 x3195

www.ebac.org

What is Resilient Parenting for Bereaved Families? (RPBF)

Parenting while grieving can be incredibly difficult. The RPBF is specifically designed to provide parents the tools needed to more successfully meet this challenge.

RPBF is based on extensive clinical research showing positive measurable outcomes in families fifteen years after participation in the program, including reducing grief-related distress and mental health complications of both bereaved children and their parents.

The program is a ten-session group for those who are parenting children who have experienced the death of their parent. The program is designed to help you meet the needs of your parentally-bereaved child(ren) while also dealing with your own feelings of grief.



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Resilient Parenting

FOR BEREAVED FAMILIES



Resilient Parenting for Bereaved Families Program was developed with support of the New York Life Foundation



How does the Resilient Parenting program help bereaved parents and children?



You will learn specific tools to effectively parent bereaved children and to address your own grief. The tools are simple and practical. You will get to practice using these tools at home, and learn how to make them work well in your family.

The tools include:

Self – care: Finding comfort, pursuing your own personal goals following the death, managing your stress and coping with your own grief.

Building strong family bonds:

Practical activities to do with your children to strengthen positive relationships and their security in a family in which positive things as well as sad things happen.

Active listening: Learning and practicing skills to listen to your children, to learn what is going on with them and to help them share their feelings with you.

Effective rules: Learning and practicing methods that work in setting rules and expectations for your children.

Helping children cope with hard times:

Practical activities to help your children cope and find ways to remember and memorialize their parent who died.

What can you expect from the program?



- » Ten sessions full of practical tools you can use for children and yourself
- » Based on a program that has been shown to have positive long-term benefits for bereaved children and their parents
- » One hour and fifteen minutes each meeting
- » Group size: six-eight parents
- » Practical home practice activities to use after each session starting on day one
- » Trained group leaders

Your commitment:

- » Participate in a pre and post training interviews
- » Commitment to attend all ten sessions – the sessions build on each other and support for each other grows across the meetings
- » Complete all home practice of program tools with your family
- » Share your experience open and honestly with the group