

Living with Child Loss - Understanding Grief & Bereavement

June 25, 2025

1:30-3:00pm MDT

This psycho-education session explores the unique and complex journey of grieving the loss of a child, offering insight into what this experience can feel like and how it may impact individuals and families. Participants will learn compassionate ways they can support their own grief, offer meaningful support to others, and discover ways to honour and remember the child who has died with sensitivity and care.



Learning Outcomes:

- Explore what grief is and how it might show up uniquely for those out-living their children
- Identify how child loss may complicate grief and change through the years
- Learn how to support those who are grieving a loss
- Find ways to incorporate ceremony and mourning practices

Speakers:

Kirsten White, Registered Psychologist, Lark and Raven Wellness, Psychologist and Founder, Kirsten has experience in working with First Nations in non-profit organizations and private practice with those who experience grief or traumatic loss. Kirsten has a passion for supporting and walking with those who are experiencing end-of-life and grief journeys



Mikaela Insinger, Certified Canadian Counsellor, Lark and Raven Wellness, Counsellor and Presenter, Mikaela has been supporting families and children through various non-profits with a focus on supporting people with grief and trauma



Target Audience: Anyone who has experienced the loss of a child or who knows of someone experiencing the loss of a child. Caregivers and professionals may also gain deeper understanding of the impact of child loss.

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22258>

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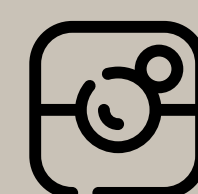
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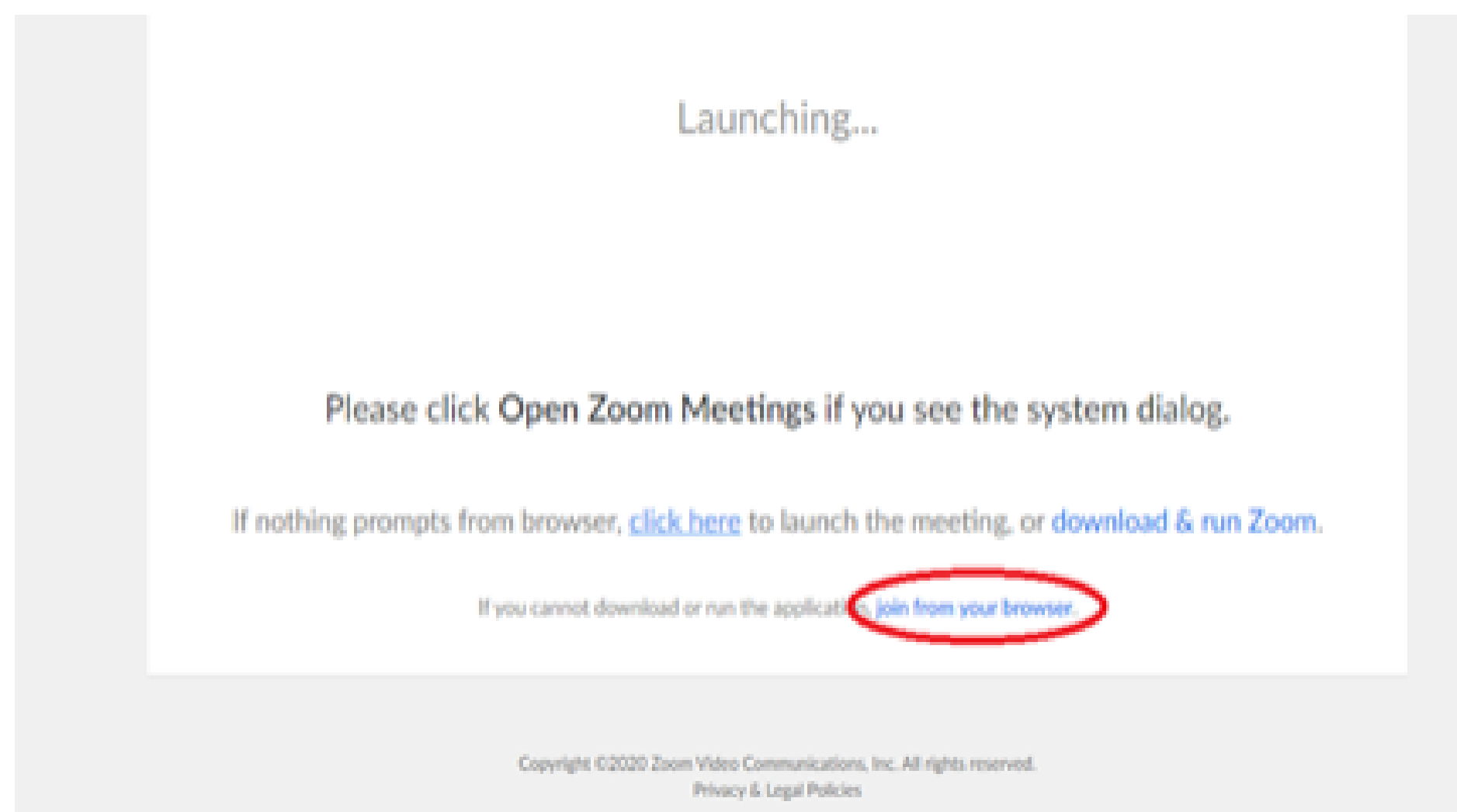
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