

# Grief Support for Families of Children with Deaf-Blindness

## Sensing Connections - Level 1: Peer-to-Peer Grief Support for Families of Children with Deaf-Blindness

These web-based, peer-to-peer meetings allow parents who have lost a child an opportunity to process their grief and learn coping strategies that have helped others. The meetings will be held on Wednesday evenings, twice per month, at 5:30 PT/6:30 MT/7:30 CT/8:30 ET for 90 minutes. We ask interested parents to commit to the entire 5-month series (10 total meetings). Enrollment is free. All participants are sent a participant packet with descriptions of the topics that will be covered at each meeting and suggested resources.

If you are interested in joining this group, please contact:

- Megan Cote, Family Engagement Initiative Lead at NCDB – [megan.cote@hknc.org](mailto:megan.cote@hknc.org)
- Molly Black, Family Consultant for the Pennsylvania Deaf-Blind Project – [mblack@pattan.net](mailto:mblack@pattan.net)

Or [register online](#).

Group Meeting Dates	Topic
Session 1 – January 10	Welcome
Session 2 – January 31	Weaving Through Grief
Session 3 – February 7	Grieving as a Juggling Act
Session 4 – February 28	“I Wish I Would Have...”
Session 5 – March 7	Safety and Grief
Session 6 – March 28	Internal and External Pressures
Session 7 – April 7	Food, Fellowship, and Sharing
Session 8 – April 25	Impact of Loss on Your Health and Well-Being
Session 9 – May 9	Tribute Night
Session 10 – May 23	Pearls of Wisdom

## Sensing Connections - Level 2: A Community of Families Celebrating their Loved Ones with Deaf-Blindness

These web-based, peer-to-peer meetings are intended for individuals who have completed the Level-1 sessions and want continued peer support. Meetings occur once a month on Wednesday evenings for 60 minutes. Group members can attend any meetings of interest to them, but unlike the Level-1 group meetings, are not asked to commit to all. Enrollment is free. Members share responsibility for determining discussion topics and assist in leading the meetings. Some meetings will feature guest speakers.

### Additional Resources

For information about additional sources of support, see [Resources for Grieving Families](#).



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DEAF-BLIND NETWORK  
TECHNICAL ASSISTANCE ACROSS THE NATION



*The contents of this document were developed under a grant from the U.S. Department of Education #H326T130013. However, those contents do not necessarily represent the policy of The Research Institute at WOU, nor the U.S. Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Jo Ann McCann.*