

# Grief Support for Families of Children with Deafblindness

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

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 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 six-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, TA coordinator at the National Center on Deafblindness, at [mcote@helenkeller.org](mailto:mcote@helenkeller.org) or [register online](#).

Group Meeting Dates	Topic
Session 1 - September 18, 2024	Welcome
Session 2 - October 9, 2024	Weaving Through Grief
Session 3 - October 13, 2024	Grieving as a Juggling Act
Session 4 - November 13, 2024	"I Wish I Would Have"
Session 5 - November 27, 2024	Safety and Grief
Session 6 - December 11, 2024	Internal and External Pressures
Session 7 - January 8, 2025	Food, Fellowship, and Sharing
Session 8 - January 29, 2025	Impact of Loss on Your Health and Well-Being
Session 9 - February 12, 2025	Tribute Night
Session 10 - February 26, 2025	Pearls of Wisdom

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

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, journaling and/or review of books, as determined by the group.

## Additional Resources

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



**National Center  
on Deafblindness**



**NATIONAL FAMILY  
ASSOCIATION  
FOR DEAF-BLIND**  
Empowering Families with  
Individuals who are Deaf-Blind