GRIEF TOOLKIT

WEBINARS
Grief: Yours, Mine & Ours [01:15:00]

PODCASTS
Grief & Growth Go Hand In Hand [00:45:00]
Trauma-Informed Parenting with Dr. Jen Serico [00:45:00]
Trauma-Informed Parenting with Dr. Julian Ford [00:45:00]
What is Trauma?* [00:30:00]
What is Resilience?* [00:30:00]
Preventing Trauma?* [00:30:00]
Understanding Dissociation* [00:30:00]
Supporting Children in the Aftermath of Intimate Partner Homicide* [00:30:00]

VIDEOS
How to Deal with Grief [00:01:01]
Grief During COVID-19 [00:01:48]
Detecting Grief in Children [00:01:10]
Grief vs. Depression [00:01:00]
What is the most important thing for parents to remember? [00:01:46]
Parents, It’s Okay That Things Aren’t Going Well [00:00:42]
It’s Okay to Grieve and Grow [00:01:35]
Your Ability to Adapt is Pretty Amazing [00:01:18]
Trauma Affects People Differently [00:01:08]
How do parents detect trauma in their children? [00:00:56]
How can I support my child after a potentially traumatic experience? [00:01:26]
Parents are the Medicine for Children Facing Trauma [00:00:51]
What does trauma-informed parenting look like? [00:01:36]
What is Post-Traumatic Growth? [00:01:21]
Your Trauma Doesn’t Have to be the End of the Story [00:01:28]
The ABC Method for Parenting Children in Crisis [00:03:20]
What are ACEs and Why do they Matter?* [00:03:08]

SOCIAL MEDIA GRAPHICS
Grief and growth go hand in hand

EXAMPLE:

*Resources denoted with an asterisk are contributed by Roadmap to Resilience. R2R is a collaboration between Pandemic Parenting and the University of Connecticut School of Medicine Center for the Treatment of Developmental Trauma Disorders, with special thanks to the Inter-Organizational Child Trauma Task Force.