

Grieving?

Know someone who is?



When you are grieving a loved one's death, the holiday season can be especially painful.

Our ***Surviving the Holidays*** seminar helps participants discover:

- How to deal with emotions
- What to do about traditions
- Helpful tips for surviving social events
- How to find hope for the future

SURVIVING THE **HOLIDAYS**

Please join us for this encouraging seminar.

November 14th 3:30pm or December 12th 3:30pm



www.griefshare.org/holidays