

SURVIVING THE HOLIDAYS

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas?

Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death.

You'll learn:

- **How to deal with the many emotions you'll face during the holidays**
- **What to do about traditions and other coming changes**
- **Helpful tips for surviving social events**
- **How to discover hope for your future**

**Join us Sunday November 8th at
6pm in the Parish Hall**

Please call the parish office to register