

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.



www.griefshare.org/holidays

Thursday, November 21, 2019

1:00 and repeated at 7:00 p.m.

at St. Mary's Chapel

Bedford Avenue, Fishkill, NY

www.saintmaryschurch-fishkill.org

(Snow Date: Friday, November 22, 2019)

If you wish further information/registration,

Please call Catherine Cwiakala, LMSW

at 845-896-6400 by Thursday, November 7, 2019