

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

October 26, 2019
10-12:30 (includes brunch)
Call 410-828-6234 to register
Valley Presbyterian Church
2200 West Joppa Road

