

GRIEF  SHARE®

SURVIVING THE HOLIDAYS

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas?
Are you dreading these holidays, knowing that everything has changed and that happy memories from past years can't be recreated?

Attend our Free Seminar

**Tuesday November 16th
at 6:30pm**

**St. Therese de Lisieux Catholic Church
11800 Lake Worth Road
Wellington, FL 33449**

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**

**Please contact the Office at (561) 784-0689
if you have any questions.**