

## Coping with the Holidays Workshop 2017

**If you have experienced the death of a loved one, the winter season can be painful. This free class presents specific ideas and strategies to help those experiencing grief during the holidays. Please join us to talk about healthy coping strategies that can make a difference in the way you may cope with the holidays.**

**Dates:**

**Monday, November 13, 2017  
2:00 PM – 4:00 PM**

**Or**

**Thursday, December 7, 2017  
6:30 pm – 8:30 pm**

**Location:**

**Grief Support Center  
Hope Hospice  
6377 Clark Ave Suite 295  
Dublin, CA 94568**

### Handling the Holidays workshop will:

- Provide ways to manage grief at family gatherings and social events
- Help participants explore fear, anxiety, or strong emotions connected to the holiday season and the loss they may be feeling
- Explore exit strategies for unexpected grief bursts
- Provide practical ideas to help make holiday preparations less overwhelming
- Invite the exchange of ideas to memorialize lost loved ones at holiday gatherings
- Present self-care techniques to help make the holidays more tolerable, even enjoyable



*Please call (925) 829-8770 to register. Space is limited.*