



## Handling the Holidays Workshops 2019

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 who are experiencing grief during the winter holiday season.

Please join us to talk about healthy coping strategies that can make a difference in the way you may handle the holidays.

**Monday, November 4**  
**6 p.m.–7:30 p.m.**

**Tuesday, December 9**  
**4 p.m.–5:30 p.m.**

**(Same program, offered twice)**

**Please call to register: (925) 829-8770**

These workshops will take place at the  
Hope Hospice office located at  
6377 Clark Avenue, Suite 295, Dublin 94568



### At the Handling the Holidays Workshop, we 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

*The Hope Hospice Grief Support Center relies on community support and donations.  
There is no fee for our grief support services.  
We do gratefully accept donations so that we may continue to offer grief support to others.*