Annual Grief Workshops

Learn meaningful ways to ease your grief.

Location: Urban Funeral Home
1111 S. Bethlehem Pike
Ambler, PA 19002

Time: 1:00 PM to 3:00 PM

October 30, 2016: Grief is Not an Illness!
This session will include exploring the various ways that grief affects us – physically, emotionally, spiritually, socially, and cognitively.

November 6, 2016: Staying Healthy through Grief and Loss (New)
Have you experienced the loss of a loved one? Are you a caregiver or healthcare worker? All can benefit and learn new and exciting ways to stay healthy and feel your best. Knowing you are in the company of people that understand, will support the skills learned in this new workshop. Jane Pedicone will introduce how simple changes made in your daily life style can improve your grief journey. Topics on meal planning, exercise, and meditation are just a few of the many that will be discussed.

November 13, 2016: Adjusting to a “New Normal” Without Your Loved One
This session will include topics on Accepting the Reality of the Death, Feeling the Pain of the Loss, and Developing a New Self Identity.

November 20, 2016: Coping with Holiday Grief
This session will explore meaningful ways to ease your anticipated grief and heartache during the holidays and special days throughout the year. The session will conclude with a candle lighting ceremony of remembrance to honor the life of your loved one. Light refreshments will be served following the program.

Program Facilitator
Denise M. Paul, MA, CT, CPLC
Certified Grief Counselor

Program Facilitator on November 6th
Jane M. Pedicone, MA
Nutritionist, Certified Fitness Professional

Join us for one or all

RSVP is kindly requested by October 24th or 48 hours prior any single workshop

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Peter "Skip" Urban, Supervisor