



Holiday 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

November 5, 2017: Grief is Not an Illness!

This session will include exploring the various ways that grief affects us – physically, emotionally, spiritually, socially, and cognitively.

November 12, 2017: 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 19, 2017: 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

Please join us for one or all.

RSVP is kindly requested 48 hours prior any single workshop

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