



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

Anticipating the first holiday or special day without your loved one may create much anxiety and heartache. This session explores meaningful ways to remember your special person throughout the holiday season. A candle lighting ceremony of remembrance and fellowship will conclude the series of workshops.

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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