



**2018**

## ***Holiday Grief Workshops***

*Learn meaningful ways to ease your grief.*

**Location: Urban Funeral Home**

1111 S. Bethlehem Pike

Ambler, PA 19002

215-646-8556

**Time: 1:00 PM to 3:00 PM**

### **November 4, 2018: Grief is Not an Illness!**

Explore and learn the various ways that grief affects us – physically, emotionally, spiritually, socially, and cognitively.

### **November 11, 2018: Adjusting to a “New Normal” Without Your Loved One**

The workshop will include topics on Accepting the Reality of the Death, Feeling the Pain of the Loss, and Developing a New Self Identity.

### **November 18, 2018: Coping with Holiday Grief**

Develop meaningful ways to ease your anticipated grief and heartache during the holidays and other Special days throughout the year. The workshop will conclude with a candle lighting ceremony of remembrance to honor the life of your loved one. Fellowship with family and friends will follow.

### **Program Facilitator**

Denise M. Paul, MA, CT, CPLC

Certified Grief Counselor

### ***RSVP***

*Dolores Urban*

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