



2019

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 3, 2019: Grief is Not an Illness!

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

November 10, 2019: 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 17, 2019: 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

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