



***Do you grieve the loss of a loved one?***

**Honor your loved one, take care of yourself,  
and learn meaningful ways to ease your grief  
among friends that understand.**

***Join us  
for our 13<sup>th</sup> Season of  
“Coping with Grief during the Holidays”***

**Program Facilitator**

**Denise M. Paul, MA, CT, CPLC  
Certified Grief Counselor  
St. Alphonsus Parishioner**

**DATE: Sunday, November 14, 2021**

**TIME: 12:00 to 3:00 PM**

**LOCATION: Anton B. Urban Funeral Home  
1111 South Bethlehem Pike  
Ambler, PA 19002**

**CONTACT: Dolores Urban**

**PHONE: 215-646-8556**

**EMAIL: [Dolores@UrbanFuneralHome.com](mailto:Dolores@UrbanFuneralHome.com)**

**PLEASE RSVP BY: November 8, 2021**

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*Peace  
on  
Earth*