

GriefShare - Surviving the Holidays Seminar on Zoom

Unfortunately, because of the Pandemic we will have a Zoom Surviving the Holidays. This will be held on **Saturday, November 21 at 10 AM**. Below is the information to get on the Zoom meeting. Please pass this info to anyone who will benefit from this seminar.

Surviving the Holidays is a helpful, encouraging seminar for people facing the holidays after a loved one's death. The seminar features practical suggestions and reassurance through video interviews from those who have experienced the holiday's after their loved one's death.

Topics to be discussed includes:

Why the Holidays are Tough, What to Expect, How to Prepare, How to Manage Relationships, Holidays Socials, and Using the Holidays to help You Heal

For more information contact Pat Smith at rsmith3055@aol.com Registration is not necessary, all are welcome to this event. Below is how to get on the Zoom call November 21st.

Pat Smith is inviting you to a scheduled Zoom meeting.

Topic: Surviving the Holidays

Time: Nov 21, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/71875824598?pwd=Yzc2bWUwTTR4TDZwWERia0dJK2ordz09>

Meeting ID: 718 7582 4598

Passcode: xT23Bt