

# Grieving?

*Know someone who is?*



When you are grieving a loved one's death, the holiday season can be especially painful.

Our **Surviving the Holidays** seminar helps participants discover:

- How to deal with emotions
- Helpful tips for surviving social events
- What to do about traditions
- How to find hope for the future

## **SURVIVING** -----THE----- **HOLIDAYS**

Please join us for this encouraging seminar.

**Saturday, November 28, 2020**

**10:00 am – 12:30 pm**

Hosted by Barrie Free Methodist Church

**Held via Zoom!**

(Not familiar with Zoom? No worries! We can help!)

**REGISTER by Wednesday, November 25<sup>th</sup>:**

Go to [www.griefshare.org](http://www.griefshare.org), and click on Find a Holiday Event

OR

Call the church office at 705-737-2113 (please leave a message)

**Cost of the Seminar: \$10.00**

(If the fee poses a hardship for you, please come as our guest!)