

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

Saturday
December 1
8:30-11:00am

SURVIVING THE HOLIDAYS

Please join us for this encouraging seminar.

GRIEF SHARE[®]

www.griefshare.org/holidays

Visit our website for more information
on how to register: cumc.net/holidays
Sponsored by Community UMC
1690 Riedel Rd, Crofton, MD 21114