

Grief and the Holidays

Join us for a 2 hour session for those grieving (or supporting those who grieve) and finding the holiday time difficult.

We will share time & stories together as well as look at the reality of grieving and tips for caring for ourselves at this time of year.

Saturday December 17

Little Britain United Church

10 am - 12 noon

ALL welcome including all faith traditions.
Feel free to invite a friend or family member.
A short time of ritual will close our session.

Led by:

Rev. Shelly Manley-Tannis

Lila Larson (Grief Recovery Specialist)

