



# Grief During the Holidays

Managing grief in times of celebration can be overwhelming. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss.

This presentation will enable attendees to identify and learn how to manage the mixed and painful emotions that can surface when grieving during the holidays. Participants will also learn important self-care strategies.

## Date & Time

Thursday, Nov. 16 from 1:30-3:30 p.m.

## Location

Sacred Heart Catholic Church  
200 Third Street NW  
East Grand Forks, Minn.

## Presented by

Jennifer Messelt, MSW, LCSW, LGSW,  
bereavement specialist with Hospice of the  
Red River Valley

*Free and open to the public, no pre-registration is required. Call (800) 237-4629 and ask for bereavement department.*

The holidays are a time of giving thanks, joy and laughter. For people who are grieving, the holidays often bring a mixture of emotions and feelings, being overwhelmed by multiple demands and the difficulty of coping with the loss of loved ones.

Hospice of the Red River Valley presents a workshop for those who are grieving during the holidays.

### Additional Information

Please call (800) 237-4629, and ask for the bereavement department.

