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.

HOSPICE
RED RIVER VALLEY

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 6-7:30 p.m.

Location

Armstrong Funeral Home
11 Main St.
Lisbon, N.D.

Presented by

Stephanie Pritchard, LPC, NCC, 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.