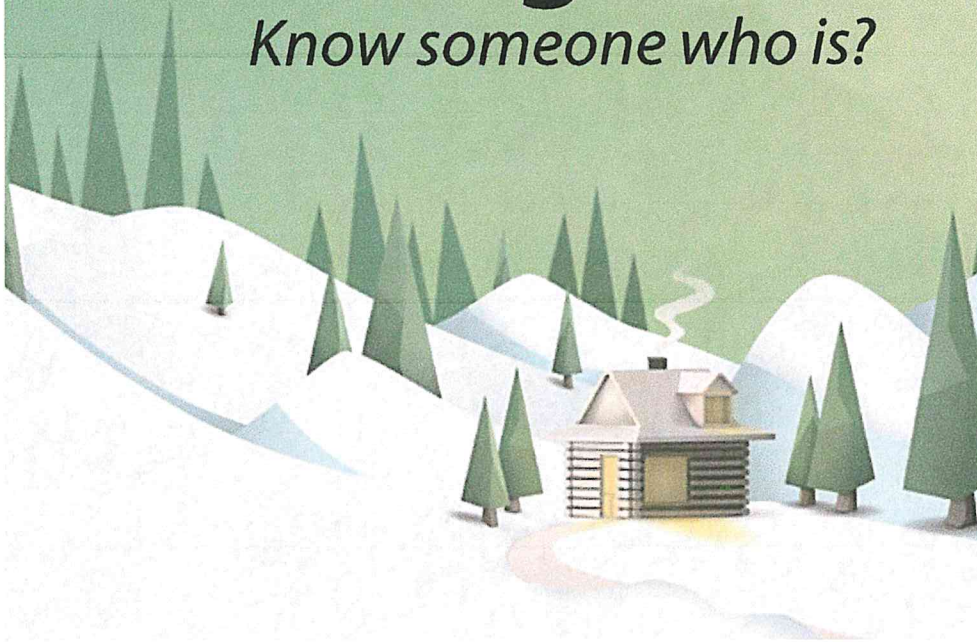


# Grieving?

*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 prepare for the holidays and even discover hope for the future.

## SURVIVING — THE — HOLIDAYS



[www.griefshare.org/holidays](http://www.griefshare.org/holidays)

Monday, November 19, 2018, 1:00 and repeated at 7:00 p.m.

at St. Mary's Chapel

Bedford Avenue, Fishkill, NY

[www.saintmaryschurch-fishkill.org](http://www.saintmaryschurch-fishkill.org)

(Snow Date: Friday, November 30, 2018)

If you wish further information/registration,

Please call Catherine Cwiakala, LMSW

at 845-896-6400 by Thursday, November 1, 2018