

Surviving the Holidays After Loss Seminar

When you are grieving a loved one's death, the holiday season can be especially painful. The Arlington Memorial Gardens is hosting a Surviving the Holidays After Loss seminar on November 16th, 2019. There are two (2) seminar times available: 10 AM – 12 PM and 2 PM – 4 PM. Sue Slusher, a Celebrant and Family Advisor with Arlington, will be leading the seminar. This seminar is a program of GriefShare (griefshare.org). All are welcome to this no-charge event.

Our Surviving the Holidays After Loss seminar helps participants prepare for the holidays and even discover hope for the future.

Details:

Saturday, November 16, 2019

10 am to 2 pm -OR- 2 pm to 4 pm (select one)

No admission fee, but seats are limited so advance registration is required on the Arlington Memorial Gardens website

Attendees will learn:

- How to deal with the many emotions they'll face during the holidays
- What to do about traditions and other coming changes
- Helpful tips for surviving social events
- How to discover hope for the future.