

# **Handling the Holidays**

A FREE GRIEF WORKSHOP



*Free Grief Workshop From Hope Hospice Is Offered as an  
Interactive Online Experience This Fall*

**F**or people who have experienced the death of a loved one, the winter holiday season can be painful. Experiencing grief at this time may intensify feelings of loneliness from isolation, or anxiety about being asked how you are dealing with the loss of your loved one.

Hope Hospice offers a free workshop to discuss healthy coping strategies. The interactive event will be offered over Zoom.

Choose from one of following dates; the program is the same. Please call the Grief Support Department at **(925) 829-8770** to reserve your spot and obtain event logon information. Although the workshop will be conducted online, space is still limited due to the interactive nature of the program. There is no charge to attend.

*Tuesday, November 8, 2–3:30 p.m.*

*Wednesday, December 7, 11 a.m.–12:30 p.m.*

Should you have any questions, please contact us at (925) 829-8770 or [griefsupport@hopehospice.com](mailto:griefsupport@hopehospice.com).

Hope Hospice does not charge for our grief support services, though donations are gratefully received and help offset the costs of offering this program to the local community.