

*Hinds Hospice Center for Grief and Loss presents:*

## *Hope for the Holidays*

*A workshop for those experiencing the holidays  
after the death of a loved one*

*The holidays can bring an array of feelings for those grieving the loss of a loved one. This workshop will provide an opportunity to learn about the unique challenges of grieving in the "season of joy". You will be provided strategies for coping through rituals, self care and suggestions for receiving support during this often emotion-filled time.*

### *PRESENTERS:*

*Stacy Fazio, LCSW and Kathy Cromwell, LCSW*

*WHEN: Thursday, November 4<sup>th</sup>*

*TIME: 6:30-8:00 p.m.*

*WHERE: Good Shepherd Lutheran Church  
5140 N. Fruit, Fresno*



*To register, call 248-8579*

*Donations will be gratefully accepted for this workshop*