

COPING WITH GRIEF DURING THE HOLIDAYS

In a comfortable, classroom-style setting, you'll learn how to manage your grief after the loss of a loved one and still find joy during this holiday season.

SATURDAY, NOVEMBER 5

10 A.M. TO NOON

Bethlehem Lutheran Church, Fellowship Hall
800 Cass Street, Monterey

SATURDAY, NOVEMBER 12

10 A.M. TO NOON

St. Ansgar's Lutheran Church, Fellowship Hall
72 E. San Joaquin, Salinas

PRESENTED BY

HOSPICE FOUNDATION



80 Garden Court, Ste. 201 Monterey, CA 93940
(831) 333-9023 | www.HospiceGiving.org

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FEATURED SPEAKER

JUDY TATELBAUM, M.S.W.

Author, *The Courage to Grieve*

RESOURCE TABLES

Representatives from local grief support groups will have information and displays about their programs.

No charge to attend. Please call today to reserve your seating, **831-333-9023.**