

## **St. Patrick Church is Offering "Surviving the Holidays"**

**Sponsored by The GriefShare Team**

**Saturday, November 15 from 10:00 AM to 11:30 AM**

Are you facing the upcoming holidays after a loved one's death? Please consider coming to "***GriefShare: Surviving the Holiday's***" which is a helpful, encouraging seminar that features video interviews with counselors, grief experts and other people who have experienced the holidays after their loved one's death and who offer practical suggestions and reassurance.

This seminar will be held in St. Patrick Parish Center, 444 E. Water St., Troy, Upstairs Room 3

### **You'll discover:**

What emotions to expect during the coming days  
How to prepare for the holidays  
How to manage relationships and holiday socials, and  
How the holidays can help you heal.

Those who attend will receive a book with over 30 daily readings providing additional insights and ideas on holiday survival.

Please share this information with someone who might benefit from attending this special, two-hour event, we welcome everyone.

Registration is not necessary, questions please call Pat Smith at the church office 335-2833, ext 105