

Grief and the Holidays

Virtual Workshop



SATURDAY, NOV. 20TH, 9:00AM (MST)

The holiday season can be difficult when you are grieving. Traditional celebrations may feel overwhelming, and sometimes even the thought of making it through the “cheerful” holiday season seems impossible. No matter what you celebrate, it’s important to know that you aren’t alone. You can survive the holiday season in a way that allows you to be comfortable, to honor your grief, and remember your loved one in ways that are helpful to you. This virtual workshop is a way to get some support and helpful tips when grieving around the holiday season. We will discuss coping with emotions, how to handle triggering traditions, and ways to navigate social and familial events.

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