

Program for Anyone Who is Grieving or Supporting a Griever:

REWRITING THE HOLIDAYS AFTER LOSS

Presented by What's Your Grief



Tuesday November 4th

5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | Virtual Program

The holidays can be complicated after loss. The season that once brought connection and tradition can now feel overwhelming, empty, or impossible to face. Or you might be looking forward to the holidays, while feeling guilty about finding holiday cheer without them. Whether your loss happened recently or years ago, you may find yourself asking: How do I get through the season without pretending everything is fine?

This two-hour webinar offers a supportive space to explore those questions. We'll talk about the unique challenges of grieving during the holidays, from navigating traditions and expectations to handling loneliness, guilt, and the pressure to "celebrate."

Through guided discussion, reflection exercises, and a downloadable workbook, you'll:

- Clarify your own needs and boundaries for the season
- Reconnect with personal values to help guide decisions
- Explore ways to honor your loved one and maintain connection
- Create a personalized plan to approach the holidays with more steadiness and self-compassion

This isn't about trying to "move on" or feel joyful—it's about gently reshaping the season to fit your grief and your reality, whatever that looks like for you.

Register for Program:

Scan



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