

Pathways Through the Holidays

Grief Support Workshop

Coping with Grief During the Holiday Season



The Holidays can be stressful, and grief can make them more difficult.

This workshop is designed to help you explore ways to cope and bring light to the holiday season as you grieve.

Sunnyvale

Pathways Sunnyvale Office, 585 North Mary Avenue
Tuesday, October 23, 2012, 6:30 - 8:30 pm

Oakland

Pathways Oakland Office, 333 Hegenberger Rd, Suite 700
Thursday, October 25, 2012, 6:30 - 8:30 pm

South San Francisco

Pathways SF Office, 395 Oyster Point Blvd, Suite 128
Tuesday, October 30, 2012, 6:30 - 8:30 pm

Refreshments and conversation will follow the workshop.



PATHWAYS

Home Health, Hospice & Private Duty
Hospice Foundation

www.pathwayshealth.org
Community-Based, Not-for-Profit

RSVP

Call 1.888.905.2800 x4241 or
email: bereavement@pathwayshealth.org