



Coping Through The Holidays

**Coping strategies
& resources**

**For those who have
suffered the death of a
loved one**

**No charge to
participate**

The holidays can prove to be a difficult time of year for anyone grieving. This gathering will be a supportive community event focused on providing coping strategies, resources as well as discussing ways to navigate the holiday season alone or with loved ones. There will be a candle lighting ceremony, and a brief memorial for those grieving the death of a loved one. The event is facilitated by the Vancouver Hospice Bereavement Counselling Team and is open to Vancouver residents.



Where: Celebration Hall - 5445 Fraser Street, Vancouver

When: November 30th - 7:00pm - 9:00pm

No charge to participate - *Registration is required*

To register, please email: alison@vancouverhospice.org

For more information, please contact: phone: **604-737-7305 ext 226**