

coping through the **HOLIDAYS**

**Coping strategies & resources for those who have
suffered the death of a loved one**

The holidays can prove to be a difficult
time of year for anyone grieving.

This event will provide coping strategies,
resources, as well as opportunities to
discuss ways to navigate the holiday
season alone or with loved ones.



Thursday, November 20th 7:00 PM - 9:00 PM

Celebration Hall - 5445 Fraser Street, Vancouver
no charge to participate | family friendly event | wheelchair accessible

Please RSVP (registration required) by emailing
alison@vancouverhospice.org
by Tuesday, November 18th.

Vancouver Hospice Society
4615 Granville St. Vancouver, BC
www.vancouverhospice.org

