

# Grieving the Death of a Loved One?

## Loss of a Spouse

*Your life has changed forever.  
The daily emotions and challenges can seem  
too hard to bear.  
Find help at a Loss of a Spouse seminar.*

### You'll hear:

- *Practical advice from others who've been there.*
- *What to expect in your grief.*
- *How to cope with life without your spouse.*
- *Why it won't always hurt this much.*

**September 20 6:00 - 8:00 PM**

or

**January 19, 2019 12:30 - 2:30 PM**

## Surviving the Holidays

*Wondering how you will survive the weeks  
surrounding Thanksgiving and Christmas?  
Are you dreading these holidays, knowing that  
everything has changed and that happy  
memories from past year can't be recreated?*

### You'll learn:

- *How to deal with the many emotions you'll face during the holidays*
- *What to do about traditions and other coming changes*
- *Helpful tips for surviving social events*

**October 16 6:00 - 8:00 PM**

or

**November 17 12:30 - 2:30 PM**

**To register for any of these events or for more information,  
Call Marie at 989.574.5258 Or online at [www.griefshare.org](http://www.griefshare.org)**



**Free Meal served 30 minutes before each  
meeting begins.**

Country Bay Village  
161 Country Bay Drive, Pigeon

