

For Immediate Release  
Holy Family Catholic Church  
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### **GriefShare: Surviving the Holidays Seminar**

GriefShare: Surviving the Holidays is a helpful, encouraging seminar for people facing the holidays after a loved one's death. Holy Family Catholic Church will be hosting two seminars. The first non-denominational seminar will be held prior to Thanksgiving on Saturday, November 6th, from 10:00 a.m. until noon. The second seminar (a repeat of the November session) will be held before the Christmas holidays on Saturday, December 4<sup>th</sup> from 10:00 a.m. until noon. Both sessions will be held at Holy Family Catholic Church, 8950 County Highway J, Woodruff. Pre-registration is encouraged at least one week prior to the seminar date. The cost is \$5.00 to cover the cost of the Survival Guide that accompanies the seminar. Child care is not available.

The seminar features video interviews with counselors, grief experts, and other people who have experienced the holidays after their loved one's death and who offer practical suggestions and reassurance. These people share honestly on these issues:

- Being prepared for surprising emotions that may hit over the holidays
- What to do about traditions and other coming changes
- How to handle holiday parties and invitations
- How to survive potentially awkward moments with other people
- Where to find comfort, strength, and hope in a seemingly hopeless time

Those who attend will receive a Survival Guide filled with practical tips, encouraging words, journaling ideas, and exercises for daily help through the holiday season.

Social distancing will be practiced, and masks are required.

For more information and to register, call Holly Dionne (Extension 168) or Lyn Baumgartner (Extension 155) at 715-356-6284.

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