

Helping Families Cope with Grief During the Holidays



Families who are grieving the death of a loved one may find it even harder to cope during the holidays. Just the thought of celebrating, decorating and continuing old traditions can be overwhelming.

Join us for a virtual discussion for adults on self-kindness, holiday grief triggers and handling the stress of meeting others' expectations.

New Song Clinical Director Jill Lovill and Pediatric Bereavement Counselors Erica Schwartz and Amanda Sahli will host an educational discussion to help bereaved parents and caregivers deal with the challenges of the season. They will discuss new and creative ways to prepare for the holidays and successfully manage celebrations with family and friends.

Wednesday, Oct. 28, 6–7 p.m.

Email rsvp@newsongcenter.org to register and receive a zoom link. Questions? Call (602) 776-6811.



Mission: To provide comprehensive grief education, support for healing and positive social change following traumatic loss.