

Central MN Area Grief Service Providers presents:

Hope for the Holidays ***Grief Event***

A Ray of Hope: Facing the Holidays Following a Loss

In this video, host Paul Alexander, a national bereavement counselor, talks about ideas and practical suggestions for getting through the holidays to make them as meaningful as possible during times of grief. A guided discussion will follow the video.

Date: Sunday, November 13, 2011

Time: 1:00-2:30 PM

Followed by fellowship and refreshments

Location: Pastoral Center
305 7th Ave N, St. Cloud

When we lose a loved one to death, the upcoming holidays can pose a challenge causing unwarranted anxiety and stress. You are invited to join us as we learn how to deal with our loss during the holidays.

This event is free of charge and open to the public. No registration is required. Call (320) 529-0427 with any questions.

The Central MN Grief Service Providers is a collaborative group of agencies that includes hospitals, clinics, hospices, non-profits and funeral homes serving bereaved individuals and families throughout central MN.