

**Psalm 30:6** 

...at dusk weeping comes for the night; but at dawn there is rejoicing







## **Surviving the Holidays seminar**

**Saturday, November 16, 2024** from 2:00 pm – 4:30 pm

## **Holy Trinity Parish ~ Media Room**

The Bereavement Ministry is hosting the "GriefShare: Surviving the Holidays" seminar for individuals facing the upcoming holidays after a loved one's death.

This helpful, encouraging program features video interviews with Christian experts on grief and recovery, as well as personal testimony from people who have experienced the holidays after the loss of a loved one. The video segments are combined with group discussions. Those who attend will also receive a Survival Guide booklet for daily readings providing additional insights and ideas on holiday survival.

There is no charge to attend this event. Space is limited.

Pre-registration is required. The deadline to register is **November 4.** 

To register for this event call:

Carmelinda Moy 916-933-4287 ~ Wanda Matus 916-947-6657 ~ Sharon Duke 916-790-8273

Or, email: <a href="mailto:bereavement.htp@gmail.com">bereavement.htp@gmail.com</a>



