

Coping with Grief During the Holidays

A support group for those who have experienced a death of a loved one.
Facilitated by experienced grief counselors.

We invite you to come and learn and
share coping strategies.

Simple holiday art projects will also
be offered.

We will explore ways to:

- promote self-care
- make choices about continuing
-traditions or not
- setting boundaries with others

WHEN:

Wednesday, November 30th
6:00 to 8:00 p.m.

WHERE:

NVHADS
414 South Jefferson St.

COST:

Free

REGISTRATION:

Pre- Registration is required.

For information or to register, please call:
Emily Bailey (707) 258-9080



presented by



Napa Valley Hospice
Adult Day Services

Compassion. Dignity. Connection.