

Coping Through the Holidays



Join us for a free grief support event!

Hosted by Kaitlyn Gillard, Adult Bereavement Program Coordinator, St. Joseph's Hospice
Stephanie Farlow, Children's Bereavement Program Coordinator, St. Joseph's Hospice,
and Sarah Milner, Executive Director, Central Lambton Family Health Team

Holidays and special anniversaries are a difficult time for many after the death of a loved one. Sometimes the anticipation of these days are more difficult than the day itself. Come on out to learn some tips of how you and your family can honour the person's memories while creating your personal holiday plan.

December 20 from 6:30 to 8:30pm
Petrolia Community Centre

- EDUCATIONAL PRESENTATION
- REFRESHMENTS PROVIDED
- SPACE IS LIMITED!
- PLEASE RSVP TO JILL EDWARDS

AT 519-882-2500 X 159 BY DECEMBER 11TH