



A
Decembered
Grief: Grief
and the
Holidays

December can be a tough month for griever; everyone seems to be in anticipation of the holidays. The griever faces the temptation to pull the covers over ones' head and wait for January. In this three-hour workshop we will explore strategies for not just "surviving" the holidays but for engaging memories and making healthy grief-supportive decisions.

Come Join Us

Saturday, December 6, 2008

Saint Luke's Hospital of Kansas City
4401 Wornall Road
Kansas City, Missouri

9am - 12noon

Broadway / Millcreek / Wornall Dining Room