



# When "Ho Ho Ho" Turns into "Oh Oh OH!!!"

## *Strategies for Surviving Grief-Soaked Holidays*

*Saturday, November 19—2:00 to 4:00 pm*

*Kansas City First Church of the Nazarene (Sanctuary)*

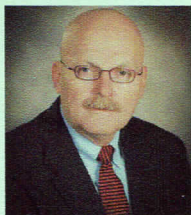
*11811 State Line Road, Kansas City, Missouri*

The toughest time of the year for many grievers is the holiday season. Everywhere grievers look or listen, work or worship, there are reminders of the "Celebrate the Holiday!" mentality. Grief and loss, however, change everything, even entrenched traditions. Having experienced a death, divorce, health, or loss of job, how can grievers make it through these months? How can helpers "come alongside" grievers? This workshop offers practical, grief-tested survival strategies, and ideas for those wanting to support grievers of all ages.

**Objective One: Identify ways to confront grief and loss during November and December holidays.**

**Objective Two: Explore the specific elements of holidays that can trigger fresh grief.**

**Objective Three: Strategize ways to accept and decline holiday responsibilities.**



Workshop Speaker, Dr. Harold Ivan Smith, is a grief specialist on the teaching faculties of Saint Luke's Hospital, Kansas City, Missouri, and the Carondelet Medical Institute in Eau Claire, Wisconsin. He earned the doctorate from Asbury Theological Seminary and the EdS. from George Peabody College of Vanderbilt University. His books include: ABC's of Healthy Bereavement, On Grieving the Death of a Father, Grievers Ask, Grieving the Death of a Mother, Griefkeeping: Learning How Long Grief Lasts, and I Don't Know What to Say.

# KCFC's Ongoing Opportunities in Coping with Grief...

GriefShare Classes: GriefShare is for individuals who have lost someone due to death and who desire help in processing the loss. This small group meets every Saturday, from 10:00 to 11:30 a.m. in Room 236 (call to confirm); facilitated by Kathy Cagg. For more info, please call Kathy at 816.333.6444.



Counseling Available: Individuals, couples, and families may schedule counseling sessions with Pamela McKamie, MA, LPC who offers a discount to participants of this workshop. You may reach Pam by phone at 913.226.7263 or e-mail at [pam@focusseminar.com](mailto:pam@focusseminar.com).