



Coping with the Holidays

... when someone you love is gone

When it does not feel like “Peace on Earth”,
know that you are not alone.

Learn and share strategies for coping at Christmas.

Know that your loss is not forgotten.

Date: Monday November 30, 2020

Time: 7:00 - 8:00 pm

Location: Online Webinar on Zoom

(Participants can join by computer or phone)

Cost: Free of charge

Please call to register at [905-528-7988](tel:905-528-7988) (ext. 2249)

or

Register online at hamiltondiocese.com



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