

Managing Holiday Grief & Loss



This series was designed to help those who have experienced any type of loss or grief. The loss could be the result of a death, divorce, illness and much more. Dealing with grief can make this time of the year hard to get through.

Attend these classes and learn different ways to cope during this holiday season.

November 6, 2018 ~ 11:30 a.m.—1:00 p.m.

(Register by November 2, 2018)

November 20, 2018 ~ 3:00 p.m.—4:30 p.m.

(Register by November 16, 2018)

MARINE &
Family

Building 7260

For more information call (229) 639-7935

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