

# *Coping With Grief and Loss During the Holidays*

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 3, 2017 11:30 AM-12:30 PM ~ November 17, 2017 3:00 PM-4:00 PM**

**(Register by November 2, 2017)**

**December 4, 2017 11:30 AM-12:30PM ~ December 15, 2017 3:00 PM-4:00 PM**

**(Register by December 1, 2017)**

**Building 7260**

**For more information call (229) 639-7935**

