

# Coping with the Holidays

Providing strategies and information to reduce stress and build self-compassion



Thursday, December 6, 2018  
7:00 p.m. - 8:30 p.m.

## Location

Heart House Hospice  
855 Matheson Blvd. E., Unit 1  
Mississauga

**It IS possible  
to get through  
the holidays with  
resilience and hope!**

**You are invited to explore strategies for getting through the holiday season while on a grief journey. No matter the circumstances or timing of your loved one's death, the holiday season can raise lots of feelings and memories about past holidays that make navigating the month of December especially challenging.**

## We will explore...

- Commonalities of the grief journey
- Review of family traditions and social obligations
- Reflection on expectations and limits
- Reflection about meaning and memory
- Self-care and compassion (including a guided meditation)

## Questions?

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OR

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Register online: [hearthousehospice.com/our-upcoming-events](http://hearthousehospice.com/our-upcoming-events)