



COPING WITH THE HOLIDAYS

The holiday season can be very difficult for those who are grieving. Join us to discuss how to manage the holiday season in a healthy and meaningful way. We will discuss ways to cope with holiday planning and events, as well as self-care and coping strategies for the holiday and winter seasons.



Thursday, November 14, 2024

OR

Wednesday, December 04, 2024



7 – 8:30PM



4360 Cooper Road, Cincinnati OH 45242

REGISTRATION IS REQUIRED



513-246-9208



BereavementReferral@TriHealth.com



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS