



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 13

OR

Thursday, December 11



6 - 7:30 PM



4360 Cooper Road,
Cincinnati OH 45242



Wednesday, December 3



6:30 - 8:15PM



2944 Erie Ave.
Cincinnati, OH 45208



**EPISCOPAL
CHURCH OF THE REDEEMER**

REGISTRATION IS REQUIRED



513-246-9208



BereavementReferral@TriHealth.com



**GOLDSTEIN FAMILY
GRIEF CENTER**

PROMOTING HEALING FOR LIFE AFTER LOSS