



Grief during the Holidays is challenging. The season of the holidays renews memories, family ties, and traditions. We become painfully aware that our loved one is no longer present. Learning to navigate a changing world combined with the sorrow of our loss causes us to grieve on many levels. How do we allow ourselves in these times to “make our grief count” and find our resilience?

This workshop will help participants learn self care and coping skills to prepare for the holidays. This will help families to embrace their grief, while strengthening characteristics of resilience. Participants will use the holidays to discover how their loved one can live on into their life story, using this special time to continue to heal.

**November 9, 2025**

**Sunday, 2:00pm-4:00pm**

**Emanuel's Lutheran Church**

**Family Life Center**

**Presenter: Darwin Huartson, M. Div., BCC**

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