

# McNally House Hospice

Where Compassion Meets Community



## Hope for the Holidays

Coping with Grief Through the Festive Season

Join Jenn at McNally House for an opportunity to discuss coping with grief during the holiday season. We will explore specific challenges of grieving during the holidays, how to look after yourself, moving with your grief, supporting other family members, and how to approach the holiday traditions after a loss. How the pandemic has affected the way we grieve will also be discussed.

This program is open to all and free of cost. Registration is required.



[www.mcnallyhousehospice.com](http://www.mcnallyhousehospice.com)



Tues. Dec. 1st, 2020  
7pm-8:30pm



Zoom.us  
Link provided upon registration



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