



Grief Through the Holidays

Support and Education for Navigating the Holiday Season

**Tuesday,
December 9
11:00 AM**

Belle Glade Library
725 NW 4th St
Belle Glade, FL 33430

**Please call (561) 227-5175
for more information.**

After a loss, the holiday season can be especially difficult during your grief journey. Many of our usual celebrations and traditions may feel challenging. Trustbridge's Grief Care team offers support and education to help you navigate this holiday season, presented by Andres Torrens, Grief Care Manager, and Denise Schoburgh, Grief Counselor.

Topics include:

- Understanding the grief journey
- How to care for yourself during the holidays
- Coping skills and strategies
- Ideas for remembering and honoring your person
- Finding hope and meaning

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