



# PalCare

Presents

# GRIEVING During The Holidays



Workshop intro - The Holiday Season is approaching and for many of us, rather than feeling festive, we may be feeling sad and lonely. Some people are grieving the loss of a beloved person, good health, a relationship, a dear pet, a job, hopes and dreams. It feels all very different for us now. During the dark December days, many faiths and spiritualities celebrate the coming of the light. Nature inspires us with the winter solstice and the promise of daylight gradually increasing.

We invite you to share in a gathering that will include ritual, meditation, reflection, the image of trees, and hope.



Wednesday, December 6th | 10:00 - 11:30am

Online via Zoom | Presented by Rev. Vicki Cousins

*Come and Join*



RSVP: [jirish@myhospice.ca](mailto:jirish@myhospice.ca)

COST: FREE - **Register Now!**