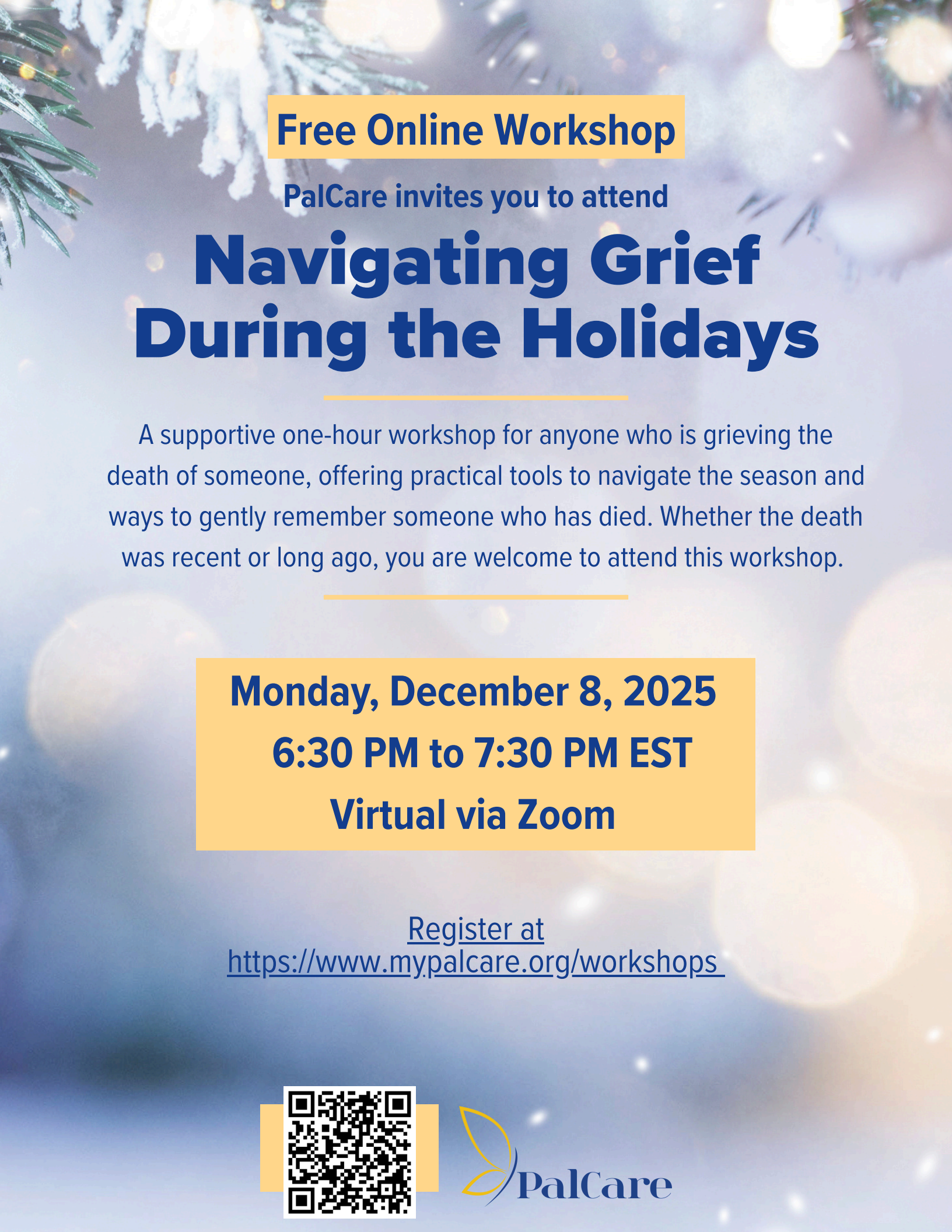




Free Online Workshop

PalCare invites you to attend

Navigating Grief During the Holidays

A supportive one-hour workshop for anyone who is grieving the death of someone, offering practical tools to navigate the season and ways to gently remember someone who has died. Whether the death was recent or long ago, you are welcome to attend this workshop.

Monday, December 8, 2025

6:30 PM to 7:30 PM EST

Virtual via Zoom

Register at
<https://www.mypalcare.org/workshops>

