# Navigating The Holidays

## A Workshop for Parents & Adult Children Seeking Ways to Manage the Holidays After the Death of a Family Member.



*Do you wish the holidays would just go away?*

*How difficult will it be to deal with the holidays?*

*Should we stay home or get away?*

*We're sad. Why celebrate?*

*How can we have our traditions?*

In continuing their grief work, our intention is to create a safe and supportive place for family members to discover, heal, and find increased awareness of each person's grief during the holidays.

We will facilitate a supportive place for families to share ideas related to coping with and helping find ways to make the holidays meaningful.




When: Saturday, November 12, 2016
Where: Kara, 457 Kingsley Ave., Palo Alto, 94301
Time: 10:00 am – 1:00 pm
Suggested Donation: $25.00

Interested in attending or want more information?
Email holidayworkshop16@kara-grief.org by November 7th.

*At Kara, our guiding value is empathy. Every day we provide compassion and support to children and adults because loss and grief impact everyone.*

www.kara-grief.org 650-321-5272