

November 2011

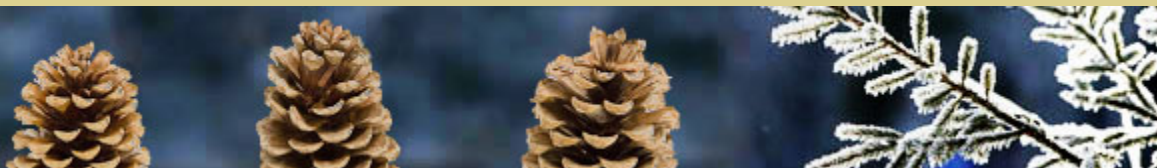


# goodwords

news from the **good grief center for bereavement support**

The Good Grief Center knows how difficult holiday times can be for grieving families.

Please Join Us for Some Extra Support



## Holiday Support at the Good Grief Center

When you've lost a loved one, the holidays can be especially difficult and can intensify your grief. There are steps you can take to help reshape your grief and give the holidays meaning for you and your family. Whether it is having a safe place to express these emerging feelings, an opportunity to remember your loved one, or taking practical steps to manage your emotions, we can help. Join us or tell a friend about these special holiday support and education sessions held at the Good Grief Center, 2717 Murray Ave in Squirrel Hill. Pre-registration is suggested by calling 412-224-4700.

**Monday Nov. 21. 6:30 - 8:30 Hope for the Holidays** ( Educational ) This program will include suggestions for handling the holidays, helpful handouts, a memorial ceremony, and refreshments.

**Holiday Specific Support Groups: Topic "Managing emotions through the holidays."**

**Wednesday Nov. 23** 7:00 - 8:30 p.m. Open Support Group

**Thursday December 1** 7:00 - 8:30 p.m. Daughters without Mothers Support Group

**Wednesday December 7** 3:00 - 4:30 p.m. Open Support Group

**Tuesday December 13** 7:00 - 8:30 p.m. Open Support Group

**Monday December 19** 7:00 - 8:30 p.m. Open Support Group

More information can be obtained at our website

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

The Good Grief Center serves people of all ages and is a division of Ursuline Senior Services.