



*SURVIVING THE HOLIDAYS
GRIEF CARE AND SUPPORT GROUP
NOVEMBER 7th - JANUARY 2nd*

*“Blessed are those who mourn,
For they shall be comforted”*

The holidays can be a long and lonely season when you have suffered the death of a loved one.

Bayside invites anyone who is dealing with the loss of a loved one to attend a Care and Support Group for getting through the holidays.

Some topics that will be covered are:

- Coping with the Holidays while others are celebrating*
- Your Holiday Check List*
- Having a Plan and being Prepared*
- Expressing your Feelings and Needs*
- The Invisible “Elephant in the Room”*
- Old Traditions*
- New Traditions*
- Special Remembrances*
- A New Year*

This group will meet at Bayside Church, 8191 Sierra College Blvd., Granite Bay, CA. beginning Monday, November 7, 2016 from 6:30pm - 8:30pm in Room B221. For pre-registration and additional information, please call Deb and John Kirkpatrick, facilitators at (530) 888-6912.