

SURVIVING THE HOLIDAYS

GVPC will offer GriefShare's "Surviving the Holidays" on Sunday, November 8 at 1 PM - 3 PM.

This is a one session program.

Please RSVP by replying to this message or by calling the church office at (702) 454-8484.

Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death.

You'll learn:

- * How to deal with the many emotions you'll face during the holidays
- * What to do about traditions and other coming changes
- * Helpful tips for surviving social events
- * How to discover hope for your future



www.griefshare.org/holidays

