



SURVIVING THE HOLIDAYS

A stand-alone **GriefShare** support group session to help you through the weeks before Thanksgiving and Christmas.

Tuesday, October 28
10:00am - 12:00pm | Nicarry Meetinghouse

Processing the grief that follows the death of a spouse, child, family member or friend isn't something we can neglect or rush. Whether recent or distant, grief that is left unaddressed can cause serious harm to our mental and physical health.

For many, the holidays amplify grief-related pain. More people are likely to need help in the weeks before Thanksgiving and Christmas. Pastor Linda Titzell, Senior Pastor in the Pastoral Care Department at Cross Keys Village, will facilitate this specialized session of the GriefShare support group. This is a "stand alone" session.

Open to villagers and to neighbors from the greater community. Class size is limited for this free program. Registration is preferred by October 21. **Call 624-5253** or visit www.crosskeysvillage.org/griefshare



The 13-week GriefShare series will return in 2026.



PASTORAL CARE AT CKV

