

# Grief and the Holidays.

FOR MORE INFORMATION, PLEASE CONTACT  
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NOV. 06 @ 6PM CST

## Coping with change

PRESENTER: Caitlin Feasby

NOV. 13 @ 6PM CST

## Holiday healing through creativity

PRESENTER: Caitlin Feasby

NOV. 20 @ 6PM CST

## Creating rituals and tribute

PRESENTER: Rosario Zepeda

NOV. 27 @ 6PM CST

## Planning for the holidays while grieving

PRESENTER: Katherine Olson

DEC. 04 @ 6PM CST

## Tips for handling grief over the holidays

PRESENTER: Gary Roe

DEC. 11 @ 12PM CST

## Holiday grief – 8 ways to support yourself and others

PRESENTER: Gary Roe

DEC. 11 @ 6PM CST

## Helping children through grief during the holidays

PRESENTER: Amanda C. Ramirez

DEC. 18 @ 6PM CST

## Reconciliation and the holidays

PRESENTER: Rosario Zepeda



## Join us Virtually or by Phone

Moments Hospice is hosting 8 insightful webinars on coping with holiday grief. Discover practical strategies and compassionate support to navigate the season.



Scan QR code to register or visit

[MOMENTSHOSPICE.COM/WEBINARS](https://momentshospice.com/webinars)