

Coping With Grief During the Holidays

*Presented by Jennifer Messelt, LCSW
bereavement specialist at
Hospice of the Red River Valley*

Managing grief in times of celebration can be overwhelming. Suffering the loss of a loved one is difficult any time of the year, but the holiday season can intensify feelings of loss.

This presentation will enable attendees to identify and learn how to manage the mixed and painful emotions that can surface when grieving during the holidays. Participants will also learn important self-care strategies.

Free and open to the public.

For your convenience, we are pleased to offer this program in two locations:

Crookston, Minn.

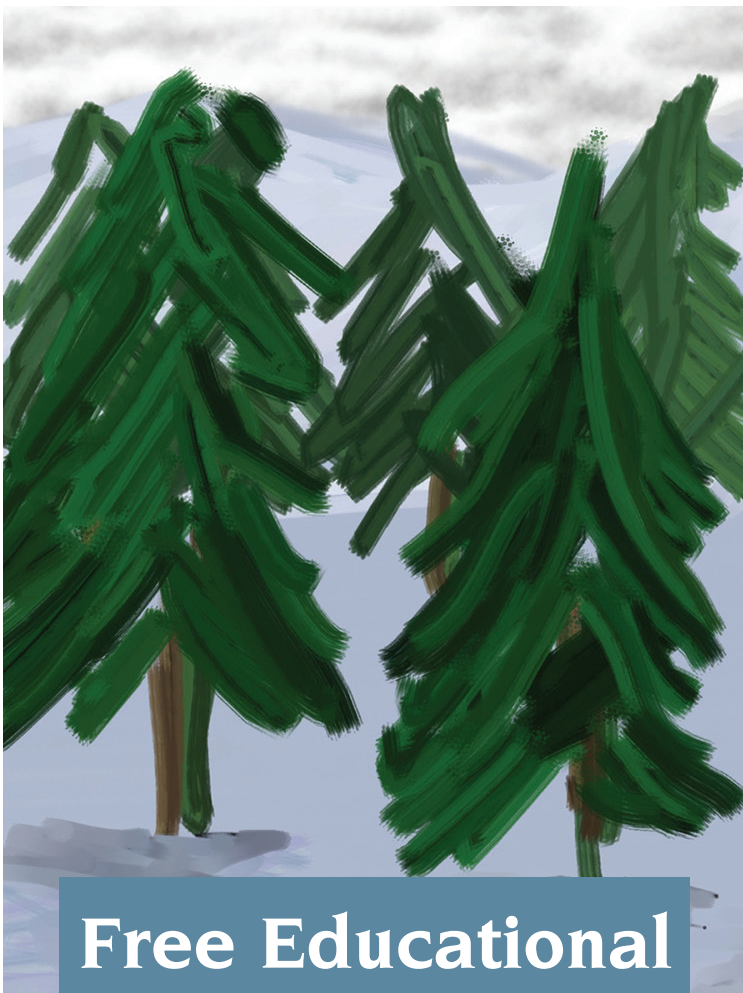
Tuesday, Nov. 11 at 3-4:30 p.m.

Trinity Lutheran Church
205 Broadway S., Crookston

Hillsboro, N.D.

Tuesday, Nov. 18 at 1-2:30 p.m.

Our Saviors Lutheran Church
204 East Caledonia Ave., Hillsboro



Free Educational Presentation

Thank you for allowing Hospice of the Red River Valley to be with you during one of life's most significant times.

For more information, or to register, please contact Jennifer at (701) 740-5247 or jennifer.messelt@hrrv.org



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