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HOSPICE AUSTIN PRESENTS "SURVIVING THE HOLIDAYS"
FREE PROGRAM OFFERS THE BEREAVED HELP
IN DEALING WITH HOLIDAY DEPRESSION AND GRIEF

For most people, the holidays are a time of joy and celebration with family and friends. But for those who have experienced the death of a loved one, holidays in the absence of someone dear can be a lonely and depressing time.

Those wondering how to get through the holidays or worrying that their sadness will spoil the celebrations for others can join Hospice Austin and a panel of experts who will share tools for surviving the holidays. The workshop will be held Wednesday, December 5th from 7 – 9 pm at Hyde Park Christian Church at 610 East 45th. The nonreligious program is free and open to all in the Austin area who are grieving the death of a loved one.

For more information or to RSVP, please e-mail Renee Green at rgreen@hospiceaustin.org or call 342-4760