

Healing Holidays- *Making Your Grief Count*

A Special Workshop offered by Porter Loring Mortuaries & Cremation Services

Grief during the Holidays is always challenging, and even more so in these past years. The season of the holidays renews memories, family ties, and traditions. We become painfully aware that our loved one is no longer present, and the pain of the loss is confused with the spirit of the season making it difficult for families to navigate.

Currently we are living with an added layer of collective grief and vulnerability. Learning to navigate a changing world combined with the sorrow of our loss causes us to grieve on many levels. How do we allow ourselves in these difficult times to “make our grief count” and find our grounding?

This workshop will help identify internal and external resources that contribute to self-compassion and enhance resiliency. It will help families to embrace their grief, while strengthening characteristics of resilience. Participants will use the holidays to discover how their loved one can live on into their life story, using this special time to continue to heal.

When: October 25, 2022

Where: Las Fuentes Banquet Hall

Time: 11:30 am to 1:30 pm

Presenter: Rev. Emily Davis

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