



Surviving the Holidays

After the loss of a loved one

Weekly Topics

Week 1:

Anticipating the Holidays

Week 2:

Planning for the Holidays

Week 3:

**Finding Meaning & Hope in
the Holidays**

The holidays are often difficult, but not impossible to get through when grieving the loss of a loved one. Each week in the “Surviving the Holidays” classes, we will address the various issues that make the holidays challenging. We will also discuss ways to cope with the additional demands of the holidays and how to honor your grief. The classes also offer a supportive community of other people who are grieving the loss of a loved one.

RSVP Information

If you are interested in attending, please call or email Genene Nisbet.

Ph: 502-447-7759

Email:

genene.nisbet@owenfuneralhome.com

Two Locations:

Tuesdays

11:00 AM – 12:00 PM

November 14 /November 21 / November 28

**Held at the Southwest Regional Library
9725 Dixie Highway
Louisville, KY 40272**

Wednesdays

11:00 AM – 12:00 PM

November 15 /November 22 / November 29

**Held at Owen Funeral Home East
9318 Taylorsville Rd.
Louisville, KY 40299**

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Aftercare Services

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