



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 holiday season can be particularly challenging for those who are grieving the loss of a loved one. "Surviving the Holidays" classes are designed to address these difficulties, providing both practical advice and emotional support. Each week, we explore different aspects of navigating the holidays while coping with grief, offering a space to share experiences and strategies with others who understand.

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

1:00 PM – 2:00 PM

November 17 /November 24 / December 1

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

Wednesdays

1:00 PM – 2:00 PM

November 18 /November 25 / December 2

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

Provided by

**Owen Funeral Homes
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