

Healing Through the Holidays

Presenter: Michelli Gomez, LMSW, Grief in the Holidays Facilitator

Sponsored by The Children's Bereavement Center of South Texas & Porter Loring Mortuaries

- Have you recently experienced the death of a loved one?
- Are you presently experiencing grief for a loved one who died years ago?
- Does the holiday season intensify those feelings?

Are you interested in better understanding how you can support friends, families and community members through the grief process this holiday season?

Join us and explore the emotional, physical, mental and spiritual dynamics of grief and learn to create new meaning out of the holiday season.

FREE (Adults Only Please)

Saturday, November 14 from 10 am to 12 pm
at The Children's Bereavement Center of South Texas
332 W. Craig Place, San Antonio 78212

Please RSVP by November 11 to Michelli Gomez
at 210-736-4847, ext. 227, or mgomez@cbcst.org.



The Children's
Bereavement Center of South Texas