

Carebridge Webinar **Coping with Grief and Loss** **during the Holidays**



It is common for grief to spike around the holidays. Nothing can ease the sorrow that comes with knowing the holidays will never be the same. But there are some things you and your family can do to help you cope. Learn healthy ways to experience the pain—rather than constantly trying to escape it -- and ways that will help you feel better in the long run. Ideas to incorporate and honor your departed loved one into the holiday traditions will also be shared.

Date: Tuesday, December 7, 2021

Time: 12:00pm—1:00pm EST

Click to Register: https://carebridge.zoom.us/webinar/register/WN_LLAPqpb1RguqxVKvXMmy2w

System Compatibility Check: <https://www.zoom.us/test>

Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!

