

UPCOMING EVENTS

WINTER 2017

Coping With Holiday Grief

Wednesday – Nov. 15th

6:00 to 7:30pm

Facilitated by Joyce Nevola, LMSW
Bereavement Counselor

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Listen to a brief presentation, view a video, hear the words of others who have been through a similar experience.

No need to register - just come!

Make a MEMORIAL WREATH



in honor of your loved one

MONDAY - Dec. 11th - 6:00 - 7:30pm

Facilitated by Joyce Nevola, LMSW
(Supplies Provided)

Bring pictures and/or mementos to add on
Call (315)634-2208 to Register by Dec. 4th

Grief YOGA at Holiday Time

November 20th, 27th & Dec. 4th

2:00-3:15pm OR 6:00 - 7:15pm

Video: "Grief Yoga" by Paul Denniston

NO EXPERIENCE NECESSARY

Call (315) 634-2208 by Nov. 17th to register

Spousal/Significant Other Loss Drop-In Group

Wednesdays: 5:30-6:30 pm

(Nov. 15th is an open session for everyone on Holiday Grief)

December 13th and January 17th, 2018

No need to register – just come in!

All events are held at Hospice of CNY, 990 Seventh North St., Liverpool, NY. Please use the **Panasci Community entrance** at the back of the building, which is fully accessible.

Doors open 15 minutes before events. **To check cancellations due to weather or emergency, call (315)-634-1113 x307 two hours prior to the event.**