

PATHWAYS

Through the Holidays 2018

COPING WITH GRIEF DURING THE HOLIDAY SEASON

The holidays can be stressful and grief can make them more difficult. You're invited to our free workshops, designed to help you explore ways to cope and bring light to the holiday season as you grieve.

Refreshments and conversation to follow the workshop

Please RSVP:

1-888-905-2800 ext. 4241

or **email:** bereavement@pathwayshealth.org



Let us know which location, how many will attend, and if you need assistance with directions.

SUNNYVALE

585 NORTH MARY AVE

TUESDAY, OCTOBER 23

6:30 TO 8:30 P.M.



SAN FRANCISCO

395 OYSTER POINT BLVD

TUESDAY, OCTOBER 23

6:30 TO 8:30 P.M.



OAKLAND

333 HEGENBERGER RD

WEDNESDAY, OCTOBER 24

6:30 TO 8:30 P.M.

