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Coping With The Loss Of A Loved One This Holiday Season: Discovering Strength, Hope, and Meaning



***Presenter: Terri Philbrick, LICSW, Bereavement Support Group
Facilitator for Miles Funeral Home in Holden, Massachusetts.***

"This workshop is designed for those who have experienced a loss or for those who would like to help others understand the emotional aspects of grieving and surviving this holiday season. We will discuss the experience of loss and the personal journey people make through grief, explore the meaning and values of traditions and rituals, and discuss ways to cope and care for ourselves." (Terri Philbrick)

Date: December 9, 2004

Location: Presentation Room

Shrewsbury High School

Shrewsbury, MA 01545

Time: 7pm – 8:30pm

Objective:

*The objective of "Shrewsbury Youth and Family Services Workshop Series" is to offer quality educational programming designed to enhance awareness, improve skills, and expand knowledge in regards to important social and emotional issues within the community. Future workshops will include important information on **Depression and Anxiety, Divorce and Remarriage, and Parenting Skills**. Please contact SYFS or watch "Youth & Family Forum" on Shrewsbury Media Cable Access for future times, dates, and locations.*

Who Should Attend:

- ✓ *****Families***
- ✓ ***Educators***
- ✓ ***Counselors***
- ✓ ***Doctors***
- ✓ ***Child Care Providers***
- ✓ ***Business professionals***
- ✓ ***All other community members***

-The workshop is free to the public, including free childcare.

*-To **pre-register** and secure seating at this workshop and childcare availability, attendees may call **Joan Frissora at (508)-845-6932**. It is not necessary to pre-register, but seating and childcare is limited.*

Strengthening Shrewsbury's Families Since 1983

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