

Coping with the Holidays

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas?

GRIEF  SHARE

Our *Coping with the Holidays* seminar is especially for people who are grieving the death of a loved one. There is help and hope as you navigate the holiday season. Join us:

Saturday, November 15th, 2025

Coffee and registration: 8:30 am

Program: 9 - 11:30 am

We'll discuss ecumenical, faith-based strategies on:

- How to deal with many emotions you'll face during the holidays
- What to do about traditions and other coming changes
- Helpful tips for surviving social events
- How to discover hope for your future



St . Timothy Catholic Church

In the Hall

29102 Crown Valley Pkwy, Laguna Niguel, CA 92677

RSVP: Celina.Berenguer@alzoc.org or (949) 757-3720

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