



YORK COUNTY
PATHWAYS CENTER
for **GRIEF & LOSS**

Coping with the Holidays 2018

Support For Adults Grieving
a Loss Through Death

Do you find that holiday traditions you once anticipated with great joy now leave you with feelings of uncertainty and sadness? Consider joining us for some—or all—of the following groups. These sessions may help you not only get through the holiday season, but perhaps find something positive during an otherwise difficult time. **Call the Pathways Center at (717) 391-2413 to register for one session or all the sessions.**

SESSIONS

All groups are held 6:30–8:00 p.m. at
The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York.

Wednesday, November 14
“Where to Begin”

Wednesday, November 28
“Planning Ahead”

Wednesday, December 5
“Living for Today”

Wednesday, December 12
“Ways to Remember”

Wednesday, December 19
“What are the Gifts?”

—Over—

Coping with the Holidays

Tuesday, December 4, 2:00-3:30 p.m.
(daytime option)

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

Light Up a Life Tree Lighting Ceremony

Sunday, December 2, 5:30 p.m.
(Snow date: December 9)

Country Club of York
1400 Country Club Road, York
(Indoor program)

For a gift of \$25, we will place a light on an evergreen tree in memory of a loved one during the holiday season. To order, visit www.hospiceconnect.org/lights or call (717) 295-3900. By purchasing a light, you are also providing the gift of care for patients and families facing end of life.

Additional holiday support options are available in Lancaster and Mount Joy. For more information visit our website or call the Pathways Center for Grief & Loss.

All Pathways programs and services are available to anyone in the community regardless of whether their loved one was a Hospice patient. There is no cost to attend these programs. Contact the Pathways Center for directions or information on additional support group meetings throughout the year.

PATHWAYS CENTER *for GRIEF & LOSS*

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