

YORK

PATHWAYS CENTER
for GRIEF & LOSS

Bereavement Workshop

WHAT NOW?

POST HOLIDAY SURVIVAL TIPS

Wednesday, January 23, 2019

(Snow date: Wednesday, January 30)

6:30-8:00 p.m.

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

Many grieving individuals find themselves wanting to just “get through” the holidays as quickly as possible, aware of the many triggers that can accompany the holiday season. When the New Year arrives and there is less to do, people may be surprised that they feel “let down” and a bit lost. Join Hospice Volunteer Sandy Baker, MA, for this free workshop which will provide helpful tips during those long winter months.

Space is limited and registration is required. To register, call the Pathways Center for Grief & Loss at **717-391-2413** or **800-924-7610** by **January 21**.

HOSPICE
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