

Coping with Grief During the Holidays

A Program for Veterans



Thursday, December 6, 2018 • 11:00 AM to 12:30 PM

Major General Gourley
VA-DoD Outpatient Clinic
Group Room 5
201 Ninth Street,
Marina, CA 93933

Admission: Complimentary

To register call Alexis Tovar, LCSW at
831.884.1035

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, holidays can bring feelings of sadness, loss, and emptiness.

This program will explore meaningful ways to ease your anticipated grief and heartache during the holidays.

We will conclude the program with a ceremony of remembrance to honor the life of your loved one.

Funding End-of-Life Care