

Presentation

Grief, Healing and the Holidays

At the Danbury Senior Center

Tuesday, December 5 at 2:30 PM – 3:30 PM

This holiday season might mark the initial one following the loss of a loved one. The holidays can become hard for many as grief tends to cling to us. It doesn't just affect us personally; it also becomes intertwined with specific moments and locations.

“Instead of the usual holiday traditions evoking feelings of comfort and joy, they tend to resurface memories and provoke emotions that can also bring forth feelings of sorrow and heartache,” says Garrett Walkup, RVNAhealth Manager of Bereavement, Social Work, and Pastoral Care Services.

This lecture will include how to cope with the emotions and feelings of the season, how to handle holiday traditions, and what to do differently – and the same.

To register, please call Elmwood Hall – Danbury Senior Center, 203-797-4686



Garrett Walkup

RVNAhealth
Manager of Bereavement,
Social Work and Pastoral
Care Services