

THE CENTER FOR PASTORAL COUNSELING PRESENTS

“Getting Through the Holidays”

A Workshop For Those Who Have Recently Lost a Loved One

All Faith Traditions Welcomed and Respected

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Getting back to life can be challenging for those of us who have experienced the loss of a loved one, particularly during the fall and winter holiday season, times rich in meaning, feeling and memory.

Many questions enter our minds: Will my life ever feel the same? Who am I now? Where do I go from here? Will this heartache ever go away?

“Getting Through the Holidays” is a series of group sessions that are designed to provide support and guidance during a time of loss and change. Each session builds on the one before so it is important to try to make this group a commitment towards your healing.

The sessions will be led by Rev. George I. Bustard, Jr., AAPC and/or Donna Liu, LPC, who have led bereavement support groups for many years. They work in a gentle, practical and confidential manner.

We will meet at the Center for Pastoral Counseling located at 212 West Springfield Road, Springfield PA 19063 in Room 4.

The Tuesday morning sessions are: November 17, December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, January 5<sup>th</sup>, 12<sup>th</sup>. The meetings start promptly at 10:00am and end at 12:00pm

The Monday evening sessions are: November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, December 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and January 11<sup>th</sup>, 25<sup>th</sup>. The meetings start promptly at 7pm to 8:30pm

Cost of each session will be \$20. If you are having financial problems please let us know.

For further information or to register by October 29, please call George at 610-544-1400 or Donna at 610-357-0509. Please fill out and bring this form to the first session.

Name

Phone (s) \_\_\_\_\_ e-mail \_\_\_\_\_

Name of deceased:

Relationship: