

PRACTICALLY DYING

www.practically-dying.com

WHEN YOU'RE SUPPOSED TO BE HAPPY BUT YOU'RE NOT SURVIVING THE HOLIDAY SEASONS

For anyone living with a painful loss – regardless of your culture or faith -- the expectations that you'll be happy during the holidays may be overwhelming and unwelcome. Memories – good or painful – may be more likely to come up. It can be confusing and alienating not knowing how to participate or how to withdraw. We can discover how to identify our needs and learn the gift of caring for ourselves with compassion and skill.

In this single-session live on-line group, we'll support each other to develop strategies that honor our needs and that help others support us. We'll also talk about how to carry your self-care into the post-holidays. Handouts for yourself and others are included.

THIS GROUP IS OFFERED TWICE

THURSDAY, NOVEMBER 7, 6:30pm – 8 pm

SUNDAY, NOVEMBER 10, 10am-11:30am

Using a Zoom platform

\$15 per person

Sign up at Practically-Dying.com on the Events Page

Kim Mooney, Thanatologist, End-of-Life Educator and Consultant, has worked in the end-of-life and grief education field for over 28 years with hospice and independently, most recently receiving the international Association for Death Education & Counseling's 2018 Community Educator Award. She is the Founder of Practically Dying, an educational and support organization whose mission is to help us remember how to engage birth, life and death as opportunities to live without hesitation and die without regret.

