

Providence Hospice of Seattle's virtual

# *Grief and the Holidays 2021*

Thursday, November 18th at 6:30pm



If you have experienced the death of a loved one and are wondering how to manage your grief during the upcoming holidays, we welcome you to join us for a virtual community event. During this time, we will share ideas on coping strategies, talk about self-care during the holiday season, and we will host a virtual candle lighting to honor your loved one.

**To register for this event, please complete [this form](#) or call 206-749-7702.**

We will e-mail you a link prior to the virtual gathering.

**\* Disclaimer:** As with any health care service, including a virtual Grief and the Holiday's event, there are risks associated with the use of telehealth including equipment failure, poor image and audio quality, and information security issues. By participating in this virtual event you consent to the use of a telehealth platform and understand the risks and benefits of doing so.