



Holiday Support Group

The holidays can feel especially heavy when you're grieving. This group offers a safe, supportive space to share your experiences, explore your feelings, and connect with others who understand the challenges of navigating the holidays after a loss.

**Wednesday, December 2 and Wednesday, December 16
6:00-7:30 p.m.**

**Niagara Hospice Administrative Building
4675 Sunset Drive – Lockport**

**Refreshments will be served. Feel free to attend one or both sessions.
To RSVP, please email Bereavement@NiagaraHospice.org or call 716-280-0777**



What to expect from our holiday groups...

Together, we'll explore the many emotions, thoughts, and experiences that grief can bring during this season, while reminding one another that there is no right or wrong way to grieve, and you don't have to navigate it alone.

Because traditions are often at the heart of the holidays, we'll also discuss how loss can change the way we experience them. We'll explore ways to honor the past, consider creating new traditions if and when it feels right, and give ourselves permission to approach the season in whatever way feels most supportive.

As the holidays come to an end, the transition into the new year can bring its own challenges and a sense of uncertainty — a quiet "what now?" In our post-holiday support group (date TBA), we'll explore ways to navigate this transition, find small moments of hope, and make space for healing as we move forward at our own pace.





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