



# Grief Through The Holidays

*Growing through loss*

**Rev. Charles Cochran, Director of Spiritual Care and Chaplain at Presbyterian SeniorCare Network,** will share how you can make it through the holidays while dealing with loss.



The most wonderful time of the year doesn't need to be the most difficult. Learn how to remember your loved one during this season and find courage when feeling hopeless.

This event will be a safe and supportive place for you to express how you have been impacted by your loss and how to use healthy ways to cope with your grief.

## Event Details:

**Wednesday, November 9  
12:30—1:30 p.m.**

**Presbyterian SeniorCare Network  
Westminster Place—Atrium  
1215 Hulton Road  
Oakmont, PA 15139**

**Free to attend and refreshments are provided.**

Screening protocols are in place and guests must wear a mask to attend.

**Seating is limited! Registration required.**

Register by November 2 to Emily Fearon-Jones at [feronjones2@upmc.edu](mailto:feronjones2@upmc.edu).

HOSTED BY:

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