

Holiday hope

Saturday, November 19, 2011

Mourning Hope Grief Center
4919 Baldwin Avenue
Lincoln, NE 68504

Mourning Hope Grief Center invites you to attend "Holiday Hope." In previous years, Holiday Hope was designed to focus on supporting grieving families and their children as they enter the stressful holiday season. This year we are expanding our program to include all who have experienced the death of a loved one. Whatever your age, whoever has died, whatever the cause of death, holidays lived in the absence of a loved one can be very difficult. With the arrival of the holidays often come a variety of emotions, memories and expectations that center on family traditions and celebrations. Adults will be treated to a 3-hour session designed to help them navigate through the holiday season, while youth will be joined by local artists to create memory items honoring their loved one. It is not, however, necessary for attendees to participate as a family unit—youth can participate in the art program without an adult caregiver and all adults, with or without children, are invited to register for Holiday Hope.

Fee:

\$10 for the adult session (9:00 a.m. - 12:00 p.m.)

\$20 for the youth session to cover the cost of materials. (9:00 a.m. - 1:00 p.m.)

Please do not let the cost deter you from attending. Scholarships are available.

Registration:

Registration is required. To register, please call Mourning Hope at (402) 488-8989 or e-mail jbass@mourninghope.org.


www.mourninghope.org grief center