



## **Surviving the Holidays**

*A video seminar and support group for those who  
are grieving the loss of a loved one  
during the holiday season.*

*How to approach the holidays • Planning the holiday season  
Holiday gatherings • Dealing with holiday pain*

**Monday, December 10, 2018**

**6:30 to 9:00 p.m.**

(no cost to attend)

To register please contact:

Rev. Beverly Wrobel

Mentor United Methodist Church

8600 Mentor Avenue

Mentor OH 44060

440-255-3496 x106

[blwrobel@mentorumc.org](mailto:blwrobel@mentorumc.org)