

Coping With Grief During The Holidays

Feeling blue? Is your heart melting as others are merry & bright!



Join us on Tuesday, November 27th, 2018

7:00 – 8:30 pm St. Augustine School Library

381 N. Highland Avenue, Ossining, NY 10562

Speaker: Kenneth J. Doka, PhD

Dr. Doka is a Professor of Gerontology at the Graduate School of The College of New Rochelle and a prolific author on death, dying and bereavement.

Dr. Doka will share tips on coping with grief, finding hope, developing new rituals or traditions, exploring the importance of making plans and obtaining the support that may be needed during the holidays.

Registration is required. Please email Gae Savino, LCSW, CT at ghsavino@aol.com to confirm your reservation.

A free will offering of \$10 to benefit the
St. Augustine Remembrance Garden.
Lite refreshments will be served.