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# Surviving Grief during the holidays

December 13, 2023  
10 a m - 11 a m

*Coping can sometimes be harder at holiday time. When someone that you care about is now gone, it's common to not feel the same joy everyone else is feeling during these times. Shopping, holiday gatherings and traditional celebrations may seem overwhelming. If you are struggling with how to get through it all, please join us for our free seminar, "**Surviving Grief During the Holidays**" Feelings of loss and grief can intensify over the holidays. Take this opportunity to learn healthy ways to get through each day and still find moments of joy!*



Presented by Art Therapist, Andrea Piccone, BFA, MS



**Join us at Bartolomeo & Perotto Funeral Home**

1411 Vintage Lane, Greece, NY



- **To Reserve Your Spot**  
at this informative seminar:

**call** > 585.720.6000

**email** > [andrea@bartolomeo.com](mailto:andrea@bartolomeo.com)

\*Request early • Seating is limited  
RSVP deadline: 12/8/23