

**28th Annual**  
**“Getting Through the  
Holidays”**

**Who:** Anyone grieving the death of a loved one.

**What:** Area professionals will facilitate this gathering. We will watch a video “Surviving The Holidays” by GriefShare and have a time of discussion/sharing. Tips and suggestions will be offered to help ease the anxiety the holidays can bring... and resources will be provided and discussed.

**Date:** **Thursday, November 15th, 2018**

**Times:** **2-3:30 p.m. OR 6-7:30 p.m.**

**Where:** First Lutheran Church, 822 Douglas St, Alexandria, MN  
Enter parking lot from Cedar Street.  
Meet in the lower level Fellowship Hall (elevator access).

**There is no charge for this gathering  
and no registration is needed.**

This event is sponsored by:

- Anderson Funeral Home/New Horizons
- Area Parish Health Nurses
- Church of St. Mary’s
- First Lutheran Church
- Griefshare
- Hospice of Douglas County
- Knute Nelson Hospice
- Lind Family Funeral Home

**For more information call:**  
**First Lutheran Church**  
**320-762-2196**

