

# HOLIDAY TIPS

*for those who are grieving*

**THURSDAY, DEC. 3, 2020** | 6:00 - 7:30PM

ST. ELIZABETH SETON CATHOLIC CHURCH | 610 RAIN TREE TRAIL, LAFAYETTE

Presented by

**Mary Bergeron**

*Hospice of Acadiana*

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*For many people, approaching the holidays following a loss can cause stress and trigger painful emotions.*

*This workshop will offer practical tips that can assist those who are grieving or anyone supporting someone who is grieving during the holiday season.*

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For more information, please contact **Mary Bergeron** at (337) 344-3885 or [mbergeron@hospiceacadiana.com](mailto:mbergeron@hospiceacadiana.com)

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We will be practicing social distancing and wearing masks.  
Your cooperation is appreciated.

**ALL ARE WELCOME. NO COST TO ATTEND.**