

The Anchor

a non-denominational faith based program, that is open to all who have suffered a loss to suicide

Welcomes all Those Who have Experienced a Death of
Any Loved One by Any Cause to Join A Special Meeting

COPING WITH THE HOLIDAYS

Monday, November 14th 7:00 pm

Colonial Point Christian Church / Center for Community
855 Chapel Rd., So. Windsor, CT

ANYONE dealing with grief, struggling with the Holiday Season ~ **WELCOME**

Further along in your grief journey or no longer having a Difficult Time?

Come and share some positive coping strategies that have helped you
Help others in their Grief Journey
With Hope That We Can Get Through The Holidays

FRIENDS AND FAMILY MEMBERS ARE WELCOMED

MEETING FORMAT:

Welcome

Introductions / go-around

Lighting of candles

Time of sharing

Closing Circle-Serenity Prayer

Refreshments

*Please feel free to bring a desert or 'finger food' snacks to share with everyone.
Hot drinks and soda will be provided.

There will be a Memory Table, should you like to share a photo of your loved one

RSVP requested, but not demanded to arrange adequate seating

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