

Walking *through the* *Holidays* with *Joy*

You may find that you are **approaching this holiday season with a sense of dread** due to the losses that you have experienced... **a death of loved one, a divorce, a lifestyle change or separation** that sets up the situation where people who were important in your life are **no longer present at your holiday celebrations and rituals.**

Explore **ways to cope & find HOPE** during the holiday so you can move beyond the pain and **Walk Through the Holidays with Joy.**

November 5

Saturday ~ 10:00 – 11:30 a.m.

Doors open at 9:30 a.m.

Location: Powell Church

323 W. Emory Road,, Powell, TN 37849



Breakfast Sandwiches & Homemade Sides
will be provided by Mynatt Funeral Home.



Program presented by Joy Gaertner,
Advanced Loss & Grief Recovery Specialist

Free & Open to Public



RSVP by Oct 30 – 865-922-9195 or rrutherford@mynattfh.com