Surviving the Holidays

Encouragement, support, and tools to navigate the season.

What is Surviving the Holidays?

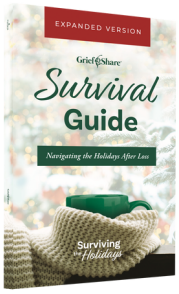
This is a one-time, video-based support event, designed to equip you with practical, biblical tools to navigate the holiday season. The video is about 35 minutes long, with expert teaching and real-life stories from people who understand grief. Afterward, you'll have the opportunity for discussion and encouragement in a safe group setting.

Who is it for?

Anyone grieving the loss of a loved one. This is a safe and supportive environment where you can share your experiences with others who understand.

Helpful reminders for the holidays

1. **Give yourself permission** – It's okay to say *no* and make changes this year.
2. **Plan ahead** – Decide in advance what you'll do and who you'll be with.
3. **Adjust traditions** – Keep, change, or create new traditions that bring peace.
4. **Care for yourself** – Rest, eat well, and allow space for quiet and reflection.
5. **Lean on support** – Stay connected to safe people and your church family.
6. **Hold on to hope** – "The Lord is close to the brokenhearted." (Psalm 34:18)



Holiday Survival Guide

Packed with tips and reminders to help you navigate the season.

Learn more at griefshare.org/holidays.

You are not alone.

This holiday season may be difficult, but with God's help and the support of others, you can find strength and hope.