

Healing Holidays

Making Your Grief Count Workshop

Site/Host Tasks & Responsibilities

Thank you for your interest in hosting a “Healing Holidays” workshop. As many of us know, this a difficult season for those grieving the loss of a loved one. We are pleased that you would like to collaborate with us to make these workshops happen. San Antonio is fortunate to have speakers who facilitate these sessions.

To respect the time and expertise of our volunteers, we ask that you intentionally advertise and recruit people to attend these workshops. Please review the tasks and responsibilities below to ensure your workshop is successful.

- I. **Invite** – Extend personal invitations by making phone calls and sending letters inviting those who have lost a loved one to attend a “Healing Holidays” Workshop.
- II. **Advertise** – Commit to advertising via bulletins, fliers, newsletters, etc. – we have templates for advertising if needed. We encourage you to invite your neighborhood and the community at large.
- III. **Availability** – Stay available to receive and return phone calls by answering questions and acknowledging registrations.
- IV. **Hospitality** – At the time of the workshop have a member of your staff available to ensure signs are posted and doors are open with the meeting room set up. Greet and make people comfortable; creating an atmosphere of trust and safety for grieving participants.
- V. **Communicate** – call Molly O’Phelan, Bereavement Coordinator, at Porter Loring Family Care Services (210) 227-8221 if any emergency changes are made in scheduling or facilitators. Once workshops are confirmed and posted, they are made available to the community at large and very difficult to change.



Healing Holidays- *Making Your Grief Count*

A Special Workshop offered by Porter Loring Mortuaries & Cremation Services

Grief during the Holidays is always challenging, and even more so in these past few years. The season of the holidays renews memories, family ties, and traditions. We become painfully aware that our loved one is no longer present, and the pain of the loss is confused with the spirit of the season making it difficult for families to navigate.

We live with added layers of collective grief and vulnerability. Learning to manage a changing world combined with the sorrow of our loss causes us to grieve on many levels. How do we allow ourselves in these difficult times to “make our grief count” and find our grounding?

This workshop will help identify internal and external resources that contribute to self-compassion and enhance resiliency. It will help families to embrace their grief, while strengthening characteristics of resilience. Participants will use the holidays to discover how their loved one can live on into their life story, using this special time to continue to heal.

When: Friday, November 1, 2024

Where: Alamo Heights United Methodist Church

Room W100

825 E. Basse Road

San Antonio, TX 78209

Time: 10:00 AM—11:30 AM

Presenter: John Hornsby

Contact: Leah Jayne, 210-826-3215 ext. 111