

Healing Holidays

Please join us in discovering how you can use the holidays to honor your own grief journey while exploring ways to bring your loved one forward.

This workshop will empower you to:

- **Learn coping skills and identify resources**
- **Strengthen personal characteristics of resilience**
 - **Plan how to use the holidays to heal**

This special workshop offered by Porter Loring Mortuaries is free of charge.

November 7, 2025

Friday, 10:00am-11:30am

Alamo Heights United Methodist Church
(Room W100)

825 E. Basse Road, San Antonio, TX 78209

Presenter: Cindy Libera, Stephen Minister Leader

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