



HEALING HOLIDAYS

Making Your Grief Count

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 13, 2026
Friday, 10:00am-11:30am

Alamo Heights United Methodist Church
825 East Basse Road, San Antonio, TX 78209
Room W-100

Presenter: Mary Bridget Hunter, MA
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