



Holiday Remembrance Workshop

Holidays are often a time of shared excitement and celebration for families. The death of a loved one can intensify one's sense of grief and loss during the holiday season. In this Expressive Arts "Holiday Remembrance" workshop, participants will create and personalize holiday ornaments as a creative and tangible means to honor the memory of a loved one who has died. No artistic skills are necessary to successfully complete this project. A variety of art materials such as paints, stickers and markers will be made available for use.

This session will provide participants with opportunities to express their thoughts and feelings within an emotionally safe, supportive and creative environment. Through this activity, participants will also find opportunities to identify, develop and utilize coping skills as they experience changes in their lives and, in particular, the emotional challenges that arise during the holiday season. Participants will be encouraged to share memories of their loved one(s) as they remember time spent with them during the holidays. They may also choose to share in discussion of how they may create and express loving memories to carry on into future celebrations and traditions. Sharing treasured memories with fellow participants during and after the creative process can bring comfort and a sense of connection to others who understand what it is like to experience a great sense of loss through the death of a loved one and the importance of paying tribute to their memory.

In creating this special ornament, participants leave with a tangible reminder of the loving connection that continues with the loved one long past their death.

DATE: Thursday, November 29, 2018

TIME: 6:30 pm - 8:00 pm

LOCATION: Center for Hospice Care - 227 Dunham St., Norwich, CT 06360

FREE, ALL SUPPLIES PROVIDED

[Space is limited; no children under 18 years of age]

Please RSVP to 860.848.5699 x250 or email lbradley@hospicesect.org to reserve a space by Friday, November 23, 2018.



227 DUNHAM STREET, NORWICH, CT 06360
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