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December 15th 2011: Handling Grief During the Holidays

Dr. Gloria Horsley, a leader in the field of grief and loss, will give us some tips on how to navigate the holidays with the least amount of emotional pain. The holidays are often difficult for those who have suffered the loss of a loved one because the memories they evoke become a stark reminder of their loss. While the first year is often thought to be the hardest, time does not always heal and the holidays do not necessarily become easier in the years that follow. As Dr. Gloria says, "The pain never goes away but the suffering eventually ends." Learn tips on how you can not only survive t

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