

## News Release



FOR IMMEDIATE RELEASE  
November 30, 2011

Contact: Amy Campbell  
232-1263 ext. 21  
acampbell@marshallpl.org

### Grieving During the Holidays Free Workshop on Holidays while Mourning the Loss of a Loved One

The holidays after the loss of a loved one can be an especially difficult time of year. Traditions and celebrations assume new meaning after a death, and those in mourning may be asking themselves if they want to celebrate or if they should try to pretend like nothing has changed.

On December 19, 2011 at 1:00 p.m. at Pocatello's Marshall Public Library, licensed social worker Roberta Wold will provide information about the importance of communication, how to involve family members in the process of healing, and starting new traditions. She will address how to cope with grief during the holidays and special occasions.

For more information on this program, please call Roberta Wold at Alliance Hospice (478-6677) or Amy Campbell at the Library (232-1263 extension 21).

###