

Divorced? Separated?

Know someone who is?

When a marriage ends, the holiday season can be especially painful. Our **Surviving the Holidays** seminar helps participants face challenges and discover:

- How to deal with emotions
- Helpful tips for surviving social events
- Ways to help children through the holidays
- How to find hope for the future

Surviving the Holidays

Please join us for this encouraging seminar.

DIVORCE *Care*

www.divorcecare.org/holidays

Sponsored by St. Mary, Mother of the Church, Fishkill, NY 12524
Thursday, November 8, 2018, at 7:00 p.m., in St. Mary's Parish Offices
Snow Date: Thursday, November 15, 2018

For further information/registration, please contact Catherine Cwiakala, LMSW, at 845-896-6400
RSVP by Thursday, October 25, 2018, so we will have enough books.

www.saintmaryschurch-fishkill.org