

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

