



## All Care Hospice Bereavement Program

# Holiday Grief Support Offering

### Lighting the Way:

#### A Workshop for Coping Through The Holiday Season

This one time workshop is for any adult mourner looking for support during the Holiday Season.

This workshop is designed to provide support, connection and education on how to survive and thrive during the holiday season.

**RSVP is mandatory for participation.**

**Arlington, MA** (*Hosted in collaboration with DeVito Funeral Homes*):  
Monday, 12/5 6-8 pm  
RSVP by 11/30

### Collaged Together:

#### A Workshop for Commemorating and Reflecting Through the Creative Process

This experiential workshop is open to any adult mourner interested in exploring the creative process of mixed media collage to aid in respite, expression, reflection and/or remembering during their grief journey. This workshop will be facilitated by a Registered Art Therapist and will provide participants a supportive group experience and personalized instruction. **NO prior experience or interest in art or creating needed to participate.**

**Lynn, MA:** Tuesday, 12/6, 10 am-Noon, *RSVP by 12/1*  
**North Andover:** Monday, 12/12, 6-8 pm, *RSVP by 12/1*

*All Care Hospice Warmly Invites You To Our*

## Lights of Remembrance Service



**Sunday, December 11, 2016 at 3:30 pm**

*Reception and refreshments to follow ceremony and tree lighting*

All Care VNA and Hospice

210 Market Street, Lynn, MA 01901

**RSVP by 12/5/16**

Contact Liz Mearkle-Cumming, Bereavement Coordinator,  
at 781-244-1198 or at [Ecumming@allcare.org](mailto:Ecumming@allcare.org)

*When you call to RSVP, you will receive information on location and parking accommodations.*

For many, the holidays are a time for reflection and remembrance of what we have and of what we have lost. *The Lights of Remembrance* is a means to say "I remember" and celebrate the lives and the love of those we miss most. The ceremony acknowledges both the challenges and joys that the

holidays present in a setting that is illuminated by the warm glow of light and the camaraderie of those who gather. We hope you can attend and bring friends and family to join this special time of togetherness.

If interested, you may also remember through donation. Dedicating a light in the name of a special person is way to remember them during the holiday season while ensuring that homecare, hospice and bereavement support will be available to anyone in need in the future. Please inquire further for more information. A donation is NOT required for attending this service.

**"We celebrate by giving the light of love to those who need it most..."**

~Ruth Carter Stapleton

**All Programs are FREE and open to the community.**

**Pre-registration is required for participation.**

Call Bereavement Coordinator, Liz Mearkle-Cumming, ATR, LMHC  
at 781-244-1198 with all inquiries and/ or to register.

**Program location and further info will be provided during registration.**

Check our website for more support programs at [www.allcare.org](http://www.allcare.org)

