



Strength  
at Your Side



# Handling the Holidays



The holiday season is traditionally a time of gathering to celebrate with friends and family, yet for those who have experienced the death of a loved one, those feelings might be overshadowed by grief. We invite you to take a few moments to reflect on the following to find hope and comfort this holiday season.

## CONSIDER WHAT MATTERS

After a loss, you may find comfort in some holiday traditions and not others. Take time to consider holiday activities that are meaningful to you. Is it important to decorate a tree, send holiday cards, make cookies, or attend each gathering? Consider if there are ways to do things on a smaller scale or who you may reach out to for help. Decide what you are saying “yes” to in this season and put it on your calendar. Remember what you do this year does not define what you do in the future.

## BE AWARE OF LIMITATIONS

Grief can be exhausting, consuming your physical and emotional energy, no matter what the season. The holidays place additional demands on you and your time. Listen to what your mind, body, and spirit are telling you. Be realistic in the expectations you place on yourself, remembering that you are deserving of kindness and rest.

## INFORM OTHERS OF YOUR NEEDS

Asking for what you need from others can be uncomfortable, yet allowing your needs to be known is a way to care for yourself. As you become aware of your needs, communicate those needs with friends and family. Be specific when sharing your preferences and let them know if those needs change.

## ASK FOR AND ACCEPT HELP

While it can feel vulnerable to ask for help, people are often looking for ways to provide support. Ask those who care about you to assist with holiday shopping, decorating, cleaning, cooking, etc. This may lessen your feelings of loneliness and may make these activities more enjoyable.

## TALK ABOUT YOUR GRIEF

Sharing memories of your loved one and your experiences of grief with others are a part of healing. Take time to identify those who encourage you to be yourself and accept you, without judgement. Be open to expressing your feelings to these people, and as you share you might find yourself feeling a little lighter.

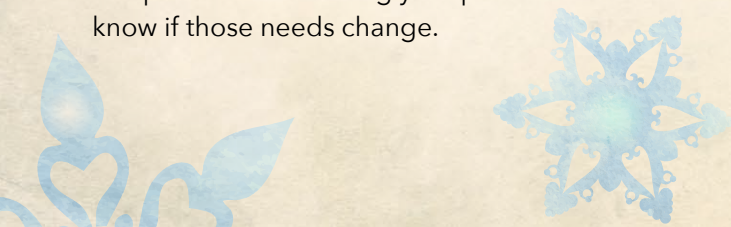
## BE GENTLE WITH YOURSELF

It is natural after a loss to look inward and reflect on where you have been and where you are today. Be gentle with yourself as you move through the ups and downs of this season. Allow yourself to name what brings you joy, peace, and rest. Perhaps it is your favorite warm beverage or beloved holiday movie. Embrace the small and simple.

## HEALING RITUALS

Memories were made in love, and memories are what keep you connected to your loved one during the holiday season. Consider the following healing rituals as you remember your loved one:

- Decorate the tree with family or friends
- Place a wreath at your loved one's gravesite
- Choose a candle or flower to be placed at the dinner table
- Make a loved one's favorite recipe
- Place written memories in a box to be shared during a gathering





# Holiday Grief Support Programming

Registration required. To register, please contact Unity Grief and Education Center at 920-339-6700 or [griefcenter@unityhospice.org](mailto:griefcenter@unityhospice.org)

## HEALING THRU THE ARTS

Held the **2nd Wednesday afternoon** (1:30 – 3:30 PM) or **evening** (6:00 – 8:00 PM) in December at Unity Grief and Education Center, this hands-on creative workshop for adults, guides participants to process their grief and incorporate memories. Prior art experience not required.

## GRIEF CONNECT

Held on the **1st and 3rd Thursday** in November and December, this group provides an opportunity for adults to share their grief journey and find hope through connection.

- Held 1:30 – 3:00 PM at Unity Grief and Education Center
- Held 6:00 – 7:30 PM virtually on Zoom

## GENERATIONS

Held the **2nd Thursday evening** (5:30 – 7:15 PM) in November and December at Unity Grief and Education Center, this group provides support to families with children and teens ages 4-18. Activities and topics are tailored to children and teens while adults share their own grief experience. Complimentary dinner is provided.

## HOPE AND THE HOLIDAYS

Held five consecutive Tuesdays at Unity Grief and Education Center OR virtually, this group for adults covers topics such as grief during the holiday season, holiday traditions, self-care and finding hope.

- **Tuesday, November 11 – December 9**, 1:30 – 3 PM  
OR 6 – 7:30 PM

## HOLIDAY WORKSHOP

Held at Unity Grief and Education Center, this workshop provides the opportunity to connect with others who are grieving and learn about planning and coping with grief during the holidays.

- **Monday, December 8**, 1:00 – 3:00 PM
- **Monday, December 8**, 5:30 – 7:30 PM

## UNDERSTANDING GRIEF

Held in Marinette and Sturgeon Bay, this group for adults offers a safe place for those who are grieving a death to connect with others as well as gain tools and insights into their grief journey.

- Held in Marinette on the **1st Wednesday** in November and December from 1:00 – 2:30 PM
- Held in Sturgeon Bay on the **3rd Wednesday** in November and December from 1:00 – 2:30 PM

## HONOR A LIFE HOLIDAY GATHERING

Held **Wednesday, December 3** at the National Railroad Museum in Green Bay, this gathering includes holiday reflections, music, and an opportunity to honor loved ones with family and friends. Doors open at 5 PM to view the Festival of Trees with the program beginning at 6 PM.

Unity Grief and Education Center offers support to everyone in the community who has experienced a death. Generous donations ensure compassionate support is offered at no charge. For all upcoming grief support programs, visit [unityhospice.org/grief-support](http://unityhospice.org/grief-support).



Grief and  
Education Center