

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:

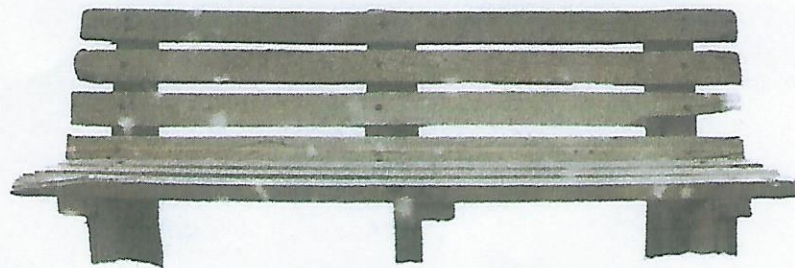
- How to deal with emotions
- Helpful tips for surviving social events
- Ways to help children through the holidays
- How to find hope for the future

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
In St. Mary's Parish Offices

Tuesday, November 12, 2019 at 7:00 p.m. (Snow Date: Tuesday, November 19, 2019)

For further information/registration, please contact Catherine Cwiakala, LMSW at 845-896-6400
RSVP by Thursday, November 1, 2019 at 845-896-6400 www.saintmaryschurch-fishkill.org