

# “HOPE FOR THE HOLIDAYS”

If you have experienced a loss of a loved one and are dreading the upcoming holidays, we invite you to attend this **FREE** event. You will learn practical ways to find hope for and cope with life’s celebrations – not just from Thanksgiving through New Year’s, but for all those special days throughout the year that touch our hearts. A light meal will be served. To register, call 205.870.8667.

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## Three Dates – Three Locations to Choose:

Saturday, November 3, 2018 from 9:00 am-Noon  
Asbury United Methodist Church, Hoover  
Featuring Keynote Speaker, Steve Sweatt, LPC/LMFT

Saturday, November 10, 2018 from 9:00 am-Noon  
Fellowship Hall, Dawson Memorial Baptist Church, Homewood  
Keynote Speaker: Steve Sweatt, LPC/LMFT

Saturday, November 17, 2018 from 4:00-7:00 pm  
Fellowship Hall, Bethel Baptist Church -- Pratt City, AL  
Keynote Speaker: Steve Sweatt, LPC/LMFT

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### KEYNOTE SPEAKER: Steve Sweatt, LPC/LMFT



Let Steve rekindle your hope as he shares inspirational ideas and practical coping tips to help prepare you for the holidays without your loved one. Steve has led “Hope for the Holidays” programs for many organizations. As CGS Clinical Director, Steve works with support groups, individuals, couples and families struggling with a wide variety of issues following the death of a loved one. Steve is a Licensed Professional Counselor, a Licensed Marriage and Family Therapist and has served as Adjunct Professor of Counseling at Samford University.

**You’ll receive a beautiful keepsake “Hope for the Holidays” booklet, which will include:**

- **Holiday Prayer and Hanukkah Thoughts**
- **The Griever’s Holiday Bill of Rights**
- **Grief and the Holidays: A Survival Guide**
- **Make Space for Some Holiday Joy**
- **Create Your Own Memories**
- **Your Personal “Holiday Plan”**
- **REMEMBRANCE CEREMONY: Special Time to Remember Loved Ones**

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