# Coping *through the* Holidays



The changes of seasons and approaching holiday traditions, while grieving, can be challenging. Join us for a supportive discussion about coping during the holiday season. Sessions are led by clinical staff from the Hospice of Orange & Sullivan Bereavement Care Program at no cost and are open to members of the community.

**To register, call (845) 561-6111, ext. 232.**

## In Person Forum

**Thursday, October 29, 2026**
**6:00 - 7:30 pm**

Hospice of Orange & Sullivan
Middletown Office
90 Crystal Run Rd, Suite 410
Space is limited to 15 participants

## Virtual Forum via Zoom

**Monday, November 30, 2026**
**6:00 - 7:30 pm**

Space is limited to 25 participants

## In Person Forum

**Thursday, December 10, 2026**
**1:30 - 3:00 pm**

Hospice of Orange & Sullivan
Administration Office
800 Stony Brook, Newburgh, NY
Space is limited to 25 participants

*Forums are open to anyone in Orange & Sullivan counties.*

HOSPICE of ORANGE & SULLIVAN

We Honor Veterans

CMS 5-STAR RATED Centers for Medicare & Medicaid Services

hospiceoforange.com

800 Stony Brook Court, Newburgh, NY 12550 • 845-561-6111