

# 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:

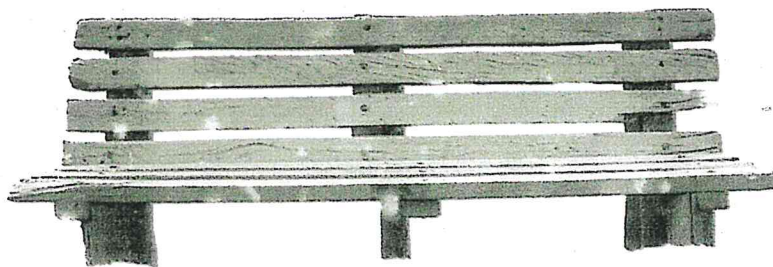
- How to deal with emotions
- Helpful tips for surviving social events
- Ways to help children through the holidays
- How to find hope for the future

## Surviving the Holidays

Please join us for this encouraging seminar.

**DIVORCE** *Care*

[www.divorcecare.org/holidays](http://www.divorcecare.org/holidays)



**Sponsored by St. Mary, Mother of the Church, Fishkill, NY**

**In St. Mary's Parish Offices**

**Thursday, November 2, 2017 at 7:00 p.m. (Snow Date: Wednesday, November 8, 2017)**

**For further information/registration, please contact Catherine Cwiakala, LMSW at 845-896-6400**

**RSVP by Thursday, October 26, 2017 at 845-896-6400 [www.saintmaryschurch-fishkill.org](http://www.saintmaryschurch-fishkill.org)**