

# Making It Through the Holidays: Support for those who are grieving

Please join us for an informal presentation, and dialog, exploring grieving during the holidays and learn some helpful coping tips to make it through the next few weeks. All are welcome. Please feel free to share with others.

**When: December 8, 2022 from 5:00 PM to 6:30 PM**

**Where: We will meet on Zoom. To register click on [Register Here](#)**

**Or go to [https://us02web.zoom.us/meeting/register/tZMuc-utqjgpE93eO0GLGZ-pqa5L\\_5PMvmk](https://us02web.zoom.us/meeting/register/tZMuc-utqjgpE93eO0GLGZ-pqa5L_5PMvmk) through your web browser.**

**After registering, you will receive a confirmation email containing information about joining the meeting.**

This time of year is especially difficult for those who are grieving the loss of a loved one. There is not a “Happy Holidays”, “Happy Thanksgiving”, “Merry Christmas”, or a “Happy Hanukkah”. Often there is sadness, wanting to be alone, and to be separate from others who don’t understand our grief. There is often a void and deep longing for those who have died or who we have lost to an illness such as dementia. The feelings that arise are sometimes complex and unpredictable and at the same time uniquely our own. One certainly does not want to “celebrate” the holidays without their loved one. Things just aren’t the same anymore. You are not alone. Others are also experiencing grief and loss. Please join us. We are glad to have you.

This free webinar is presented by the Mits Aoki Legacy Foundation. Alan Gamble, LCSW, a licensed clinical social worker, and current president of the Mits Aoki Legacy Foundation, will be leading the presentation. Alan has over 40 years of experience as a clinical social worker, is a member of the Bereavement Network of Hawaii, and teaches courses at the University of Hawaii, and in the community, regarding working with people at the end-of-life and with their families.

**Questions?** Please contact [info@mitsaokilegacyfoundation.org](mailto:info@mitsaokilegacyfoundation.org) or text/call (808) 741-5733 and leave a message.