Let's Talk Story About
Grieving During The Holidays

Please join us for an informal presentation, 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 and ask them to register.

When: Tuesday November 17, 2025 from 5:00 PM to 6:00 PM

Where: We will meet on Zoom. To register: Click HERE

Or https://us02web.zoom.us/meeting/register/men9wCbDQC-NLPk1z8Mh8w

After registering, you will receive a confirmation email containing information about joining the meeting through your web browser.

This time of year is especially difficult for those who are grieving the loss of a loved one. For many 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 as we explore some helpful coping tools. We are glad to have you with us during this presentation. You are welcome to keep your camera off and only the presenters will be sharing during this presentation.

This free webinar is presented by the Mits Aoki Legacy Foundation and the Bereavement Network of Hawaii (BNOH). Presenters will include Alan Gamble, LCSW, clinical social worker, and president of the Mits Aoki Legacy Foundation, and Bonyen Colunga, LSW, bereavement social workers with extensive years of hospice experience, and Sara-May Colon, M.Div., BCC, Senior Chaplain, Director of Mission and Spiritual Care, Adventist Health Castle. All presenters co-coordinate the BNOH.

The BNOH list of Grief Counseling Resources can be found at https://kokuamau.org/grief-and-bereavement/

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