

In this powerfully transformative workshop on how to cope through the holidays while grieving, Janice Mann offers real life concepts and ideas to make your journey go smoother and more comfortably. She offers a caring and empathetic heart along with specific actions to take to survive the pain that accompanies the holidays to those grieving. Mann has a long personal history with grief as well as over 30 years of experience working with folks who have suffered losses.

# COPING WITH GRIEF DURING THE HOLIDAYS

Saturday, November 18  
1-3 pm

Unity by the Bay Church  
4 Pointless Forest Trail, Annapolis MD

\$30 tickets reserved in advance / \$35 cash at door  
Jan@JaniceMann.com 727-331-4467

## WORKSHOP PRESENTED BY

Janice Mann, International Best Selling Author and Inspirational Speaker  
Author of Grief Matters, Transforming Fear and Anxiety into Power  
and Daily Affirmations on Spiritual Transformation