

FOR IMMEDIATE RELEASE

Surviving the Holidays seminar scheduled at Our Savior's Way Lutheran Church

ASHBURN, VA - November 13: "GriefShare: Surviving the Holidays" is a helpful, encouraging seminar for people facing the holidays after a loved one's death. The seminar will be held on Sunday, November 16, from 5:00 to 7:00 p.m. at Our Savior's Way Lutheran Church in Ashburn. Child care will be provided. There's no charge for this event.

The seminar features practical suggestions and reassurance through video interviews with counselors, grief experts and other people who have experienced the holidays after their loved one's death. Topics to be discussed include "Why the Holidays Are Tough," "What to Expect," "How to Prepare," "How to Manage Relationships and Holiday Socials" and "Using the Holidays to Help You Heal." Those who attend will receive a free book with over 30 daily readings providing additional insights and ideas on holiday survival.

Our Savior's Way, along with the Open Arms Christian Child Development Center, has provided a caring atmosphere for children and families in the Ashburn area for over 10 years. Open Arms is open to children from 6 weeks to 12 years old and offers preschool, full daycare, after-school programs, and summer camp. They are located at the intersection of Waxpool Road and Claiborne Parkway (1 mile south of Exit 5 of the Greenway) and have just completed expanding their facility to provide room for additional preschool, full daycare and community services.

For Church and Open Arms Information: <http://www.oswlc.org>
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