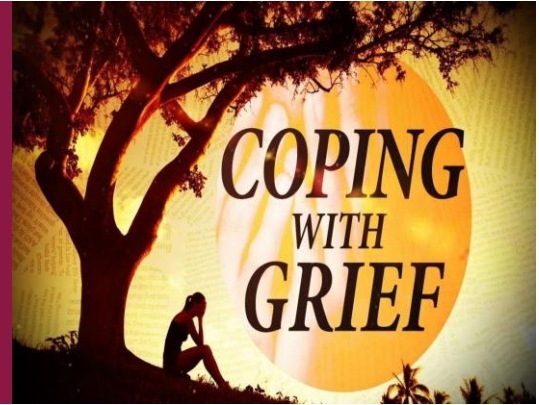


Workshop

Coping with Grief During the Holidays

Wednesday
November 19, 2025
3:00PM – 4:30PM

Richardson Memorial Library
100 Spring Street, Emporia, VA 23847



Presented by Jessica L. Jones, FCS Agent

Grief is a complex journey that extends beyond the experience of losing a loved one; it can touch every corner of our lives. Whether it is the loss of income, health, a relationship, or the loss of a loved one, grief manifests in various forms and may be amplified during the holiday season.

Join us for a compassionate workshop, where we will delve into the stages of grief, explore how they impact us emotionally, mentally, and physically, and offer practical strategies for coping. This program provides a thoughtful space for learning and reflection, helping participants navigate the unique challenges of loss while fostering resilience. Participants will also gain valuable insights on self-care or how to support others who are grieving during the holiday season.

If you are a person with a disability and desire any assistive devices, services or other accommodation to participate in this activity, please contact Greensville/Emporia VCE at 434-348-4223 during the business hours of 8:00 a.m. to 5:00 p.m. Monday through Friday to discuss accommodation at least 5 days prior to the event. *TDD number is (800) 828-1120.

To register or for more information, call 434-348-4223
Or email Jessica Jones at jessicaj19@vt.edu

Cost: FREE



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.