

## *Grieving: Handle with Care Campaign*

The LLOST Grieving: Handle with Care (GHC) Campaign helps support families and friends who have lost a loved one, as well as those surrounding and supporting them.

In addition to the seminars and as part of this campaign, the GHC lapel pin was created to serve as a gentle and silent symbol of grieving. The lapel pin promotes community support, understanding that we are not alone and awareness of the need for compassion from others.



*We would like to thank our sponsors:*

*Capital Hospice*

*Staples*

*Westin Alexandria*

*We want to especially thank Wendy Malwurm for her participation in this event and for sharing her insights and experiences.*



**The Loss of Loved Ones to Sudden Tragedy (LLOST)  
Foundation**  
[www.llost.org](http://www.llost.org)

## *Grieving Through the Holidays Seminar*

*Hosted by  
The LLOST Foundation*



*Westin Alexandria  
Alexandria, VA  
Sunday, December 6, 2009*



## Welcome

Thank you for participating in LLOST's Grieving Through the Holidays Seminar.

We know how hard the holiday season can be after a loss. We hope to empower you with tools and tips to help cope with your grief through the holiday season.



## LLOST Seminars

This seminar is the first in a series of seminars LLOST will begin to offer quarterly addressing a variety of topics including 'The do's and don'ts of grieving', 'Helping children after a loss', and 'Men & grief'.

Visit [www.LLOST.org](http://www.LLOST.org) to receive updates on dates and times of upcoming seminars!



## Today's Program



- 1:00 Registration
- 1:00 Decorate a Holiday Ornament in Memory of your Loved One
- 1:45 Welcome,  
LLOST Board Member
- 1:55 'Grieving Through the Holidays',  
Wendy Maiwurm, Capital Hospice
- 2:25 Group Discussion and Sharing of  
What Works for Others
- 2:55 Closing Remarks

