

Light Through the Darkness:

A Free Workshop on Finding Light
Through Grief During the Holiday Season

GLENSIDE

WILLIAM R. MAY FUNERAL HOME
354 N. EASTON ROAD
GLENSIDE, PA 19038



SUNDAY, NOVEMBER 8, 2026
2:00 PM

NORTH WALES

WILLIAM R. MAY FUNERAL HOME
142 N. MAIN STREET
NORTH WALES, PA



SUNDAY, NOVEMBER 15, 2026
2:00 PM

As the holiday season approaches, you may experience heightened awareness of your loss and grief. With the season starting earlier each year, the absence of loved ones can be felt more profoundly as we reflect on the holidays without them. Many may feel overwhelmed by the demands and expectations associated with this time, which place expectations on ourselves and others.

This workshop will equip attendees with the necessary tools to navigate the emotional impact the holiday season may have on their grieving process and to maintain a balance between personal needs and the hustle & bustle that surrounds us during this time.

Light refreshments will be served, and participants will have the opportunity to create a special keepsake to take home as a remembrance of those they miss during the holiday season.

Sponsored by:



WILLIAM R. MAY
FUNERAL HOME, INC.

A Family Tradition of Care

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PLEASE RSVP: 215-884-8410 OR OFFICE@MAYFUNERALHOME.COM

Program facilitated by Carmela S. McDowell

| May Funeral Home Bereavement Coordinator