



Coping with the Holidays

Have you experienced the death of a loved one and are feeling sad or nervous about the upcoming holiday season?

**Wednesday,
November 2
3:00 - 5:00 p.m.**

OR

**Thursday,
December 8
3:00 - 5:00 p.m.**



This will be a virtual support group held via Zoom conference. Zoom is a free software available online.

The holiday season can be a stressful time for people who have experienced a significant loss. Care Dimensions will be offering a workshop to discuss helpful ways to cope with the holiday season. Participants will have time to share their stories and find mutual support. This workshop will be led by licensed grief counselors.

This workshop is free.

To receive Zoom link, please RSVP to Mary Beth Grimm at mgrimm@CareDimensions.org or 781-373-6645. RSVP must be received by Friday before the workshop you want to attend.