

Grief and Holidays

How to Manage Sadness and Allow Some Happiness to Happen

Facilitated by Marty Laska LPCC, LICDC, ACHT

Week One

Sharing Our Story: How we can allow ourselves to share as much or as little of what we are feeling and not "ruin it " for everyone else.

Week Two

Family/Friends/Work: Sharing our limits, checking in for suggestions and support. Review of age and place appropriate for sharing/responding.

Week Three

Skipping the Holidays: How to choose what, if any, activities we experience.

Week Four

Sorting out all the Losses: Managing the variety and levels of loss, what to put off, and what won't wait.

Most insurances cover groups, or the self pay rate is \$65 a session.

This group will run for 4 sessions, 90 minutes each.