

Coping with Holidays

Samaritan | GRIEF SUPPORT

NOVEMBER ONLINE SESSION
- Wednesday, November 11 — 6:00 - 7:30 pm

NOVEMBER IN-PERSON SESSION
- Monday, November 16 — 1:00 - 2:30 pm
- Samaritan Center at Voorhees
  265 Rt. 73 S, Voorhees, NJ

DECEMBER IN-PERSON SESSION
- Thursday, December 10 — 6:00 - 7:30 pm
- Samaritan Main Office
  3906 Church Road, Mount Laurel, NJ

MINDFUL CRAFTING, HOLIDAY EDITION
- Wednesday, December 2 — 6:00 - 7:30 pm

DECEMBER ONLINE SESSION
- Monday, December 14 — 6:00 - 7:30 pm

For most people, holidays are a happy, festive time of year. But, for those facing holidays after a loss of a loved one, the season can be lonely, depressing, and often difficult to handle.

Holidays or not, it is important for you to find a way to take care of yourself. You're invited to join us at these **FREE ADULT WORKSHOPS** to learn tips about how to deal with holidays.

Registration is required at 856.596.8550 or CFGcounseling@SamaritanNJ.org

Samaritan
LIFE-ENHANCING CARE

Samaritan offers a number of grief support groups at no charge thanks to the charitable support of our donors... each designed to meet different needs. Learn more at SamaritanNJ.org