



Coping with Holidays

Samaritan | GRIEF
SUPPORT

NOVEMBER IN-PERSON SESSION

- Thursday, November 16 — 1:30 - 3:00 pm

DECEMBER IN-PERSON SESSION

- Monday, December 11 — 2:00 - 3:30 pm

IN-PERSON SESSIONS HELD AT 3906 CHURCH ROAD, MOUNT LAUREL, NJ

NOVEMBER ONLINE SESSIONS

- Saturday, November 18 — 10:00 - 11:30 am
- Monday, November 20 — 6:00 - 7:30 pm

DECEMBER ONLINE SESSIONS

- Tuesday, December 5 — 6:00 - 7:30 pm
- Thursday, December 14 — 6:00 - 7:30 pm
- Monday, December 18 — 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 this free workshop to learn tips about how to deal with holidays.

Registration is required at [856.596.8550](tel: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