



# Coping with Holidays

**Samaritan** | GRIEF  
SUPPORT

## NOVEMBER IN-PERSON SESSION

- Monday, November 25 — 1:00 - 2:30 pm

## DECEMBER IN-PERSON SESSION

- Tuesday, December 17 — 1:00 - 2:30 pm

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

## NOVEMBER ONLINE SESSION

- Wednesday, November 20 — 6:00 - 7:30 pm

## DECEMBER ONLINE SESSION

- Wednesday, December 11 — 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](mailto: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](http://SamaritanNJ.org)