Navigating Grief THROUGH THE Holidays



You are not alone.

The holiday season can be a difficult time when you're grieving. This supportive group offers a safe and compassionate space to find encouragement, share your feelings, and learn healthy ways to cope during this time of year.

- Share your feelings
- Find encouragement
- Learn healthy ways to cope
- Connect with others who understand

Four-Week Zoom Series

STARTING WEDNESDAY, OCTOBER 21ST

Wednesdays at 7:00 PM

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Oct 21	Oct 28	Nov 4	Nov 11

ZOOM SESSIONS

with Grief Counselor

Stephanie Lashley

NACC COUNSELOR

(732) 895-9422

A safe space to remember, to heal, and to find hope — even during the holidays.