

# Seasonal Seminar Series

Thursdays in December  
11:30-11:55am

(12/5, 12/12, 12/19, 12/26)

[CLICK TO ADD TO CALENDAR](#)

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THURSDAY, DECEMBER 5TH, 11:30-11:55AM

## COPING WITH LOSS DURING THE HOLIDAYS

The holidays represent a time of togetherness, making them a trying time when grieving the loss of a loved one. In this expert led seminar, learn strategies on how to cope with grief this holiday season.

THURSDAY, DECEMBER 12TH, 11:30-11:55AM

## HOLIDAY HANG UPS

From gift giving to party planning to traveling, the essence of the holidays can quickly escape us. Led by a mental health expert, learn how to prioritize what matters most to you during the holidays and how not to get hung-up on all the rest.

THURSDAY, DECEMBER 19TH, 11:30-11:55AM

## TINSEL TALK

Get ready to sleigh your communication game this holiday season! Guided by a mental health expert, develop the skills you need to communicate effectively and with confidence this holiday season. Walk away with the tools to tackle family squabbles and spread goodwill; whatever the season may bring!

THURSDAY, DECEMBER 26TH, 11:30-11:55AM

## WINTER WELLNESS BREATHWORK

Join us for an expert led guided breathwork practice to restore your mind & body this winter season.

