



Grieving Through the Holidays: A Gathering For Those Not Feeling Joyful



The holiday season can be challenging for those grieving the loss of what was and can no longer be. This event offers an opportunity to gather with others who are struggling to find their way through this time in a caring and supportive environment. Facilitated by a licensed counselor and certified grief educator, learn ways of coping with grief and caring for yourself during the holiday season and beyond.

Saturday, December 2, From 10 – 11:30 am

Elegy Counseling

2324 W. Joppa Road, Suite 130, Lutherville, MD 21093

\$25 due at time of registration

Contact Julie Kays at jkays@elegycounseling.com or 410-849-9337 for more information or to register.

Space is limited so please reach out soon.