



## **Holiday Workshops Now!**

**Are You...**

- Looking for more satisfying ways to celebrate the holiday season?*
- Dreading the hectic schedule of the upcoming holidays?*
- Grieving the loss of a loved one this year?*
- Wanting to celebrate Christmas based on your personal and religious values?*

**If So...**

### **CATHOLIC CHARITIES OFFERS SEVERAL WORKSHOPS!**

*Decrease holiday stress and increase your enjoyment of the holidays*

- ❖ **Creating the Spirit of Christmas in My Life** – *Find ways to create family traditions, decrease stress, and make the holidays more meaningful*  
*One 1½ hour session*
- ❖ **The Holidays – Too Much, Too Little, Enough?** – *Do you feel pressured to buy more, bake more, decorate more, or do more this holiday season? Do you know when to say, “stop”? Discover what is too much, too little, or enough for you, and learn ways to prioritize, cut back if you choose, and still be satisfied.*  
*One 1½ hour session*
- ❖ **Coping with Grief and Loss During the Christmas Season** - *Celebrating the holidays following a loss can present unique challenges for people who have lost a loved one. Honor your need to grieve and make choices of how you will celebrate the holidays this year.*  
*One 1½ hour session*
- ❖ **Unplug the Christmas Machine** – *Learn how the commercialism of the season effects your holiday celebration. Explore ways to create a celebration that fits with your person, familial, and religious values.*  
*Two 2-hour sessions*

### **IT'S NOT TOO EARLY TO PLAN FOR THE HOLIDAYS!**

*For more information or to schedule a workshop, contact:*

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