

Feeling **blue**? Is your heart melting as others appear merry & bright? If so, join us at:

*Navigating Grief During the Holidays:  
A Griever's Survival Kit Workshop*



**Thursday, December 5, 2024 6:30 – 7:30 pm  
on Zoom**

**Workshop Speakers:**

**Gae Savino, LCSW, FT & Linnie Pickering, LMSW**

Gae & Linnie will share a Holiday Grief Survival Kit equipped with practical tips on how to manage difficult moments during the holidays. Join us as we learn how to navigate grief from mourning to moments of joy using positive self-compassionate coping skills. This Holiday Grief Survival Kit offers hope, comfort, & support on your grief journey.

Registration is required. Email Gae at: [ghsavino@aol.com](mailto:ghsavino@aol.com)  
Zoom link will be emailed on morning of 12/5 to join the workshop.  
Free to attend. Yet, donate to a charity in memory of your loved one.