

# Holiday Challenges



*Join us for a one hour, no cost workshop.*

*Thursday, December 13, 2018*

**11 - Noon**

211 S. 21st Avenue

Brighton, CO 80601

*The holidays can be a joyous time and they can present challenges as well. Holiday stress related to expectations from others or from within ourselves can be great. It also can be a time when emotions are triggered by memories of those we've lost. This workshop will provide ideas for coping and ways to increase your enjoyment of the holidays.*

Some things you will learn:

Strategies for better coping and increasing your well-being.

Ways to handle emotions and stressors.

For pre-registration, contact Jody Pierce at 303-655-9065,

Ext. 16

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