



**JOIN US FOR**

# *Coping with the Holidays*

**THURSDAY, NOVEMBER 21**

**4:00-6:00 PM SAINT BRIGID MINISTRY CENTER**

*Experiencing a holiday season after the death of a loved one can be a challenge. You'll come away from this workshop with suggestions and resources to carry you through the holiday season.*



Facilitated by  
Mary Pat Warner, LMFT  
and Barbara Bailey, MS, RN  
Space is limited; advance registration required.

RSVP to Barbara: [balbailey@yahoo.com](mailto:balbailey@yahoo.com) or 858-945-2370.