

FREE INFORMAL DISCUSSION



# Navigating Grief During the Holidays

FACILITATORS:

**Max Boveri, LMFT**, Bereavement Counselor/Coordinator  
**Katie Crafton, MSW, LCSW**, Oncology Social Worker  
**Brianda Lemus, ASW**, Oncology Social Worker

MISSION HOPE CANCER CENTER, SANTA MARIA

**Wednesday, November 16 • 5:00 to 7:00 p.m.**

1325 East Church Street, Conference Room, Santa Maria

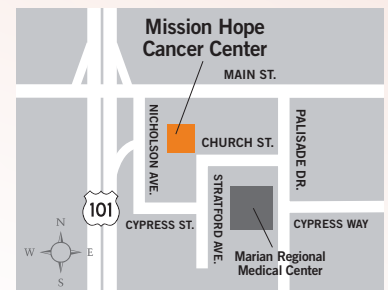
**Seating is limited and reservations are required.**


**Please call Mission Hope Cancer Center at 805.219.HOPE (4673)**

With the loss of a loved one, the holiday season may no longer hold appeal. Many find it challenging to face the festivities in new circumstances. We are here to help. You are welcome to join us for one of the following free informal discussions which will focus on practical ways to minimize negative feelings and feature helpful strategies to cope with depression, especially during the holidays. Our hope is that you will benefit from this time of sharing.

**Refreshments served.**

We can help you take the journey of healing one step at a time.



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