

JOIN US!
Support and
Education for
Anyone Touched
by Cancer

Managing the Jingle

This holiday season brings added feelings of stress and uncertainty when dealing with cancer. This session will acknowledge the challenges that cancer brings to the holiday season and empower participants to create a plan that feels comfortable for them. We will focus on the importance of increasing our own selfcare during this time. Participants will also discuss how the holiday season can create the potential for “grief bursts” of past losses more intensely during this time of year.

Thursday, November 18th | 1:30–2:30pm

To register, please contact Leslie Kantor-Reid, LCSW, OSW-C at (303) 418-7683.



All groups are offered virtually through Zoom.
Visit our website for a full listing.



 SCAN ME