Beat the Holiday Blues

Wednesday, November 19th, 12-1PM
3160, Porter Dr, Palo Alto
Pacific Ocean Conference Room

Holidays can bring up a myriad of emotions. For some it is the season of holiday cheer and celebration. For others, it is a time of grieving many losses - loss of a loved one, end of a relationship, first holiday with the kids in college, upcoming retirement or the tension of seeing family members again. Whether you are celebrating or mourning, there is a lot of stress around this time of the year. So come and learn how you can survive and practice self-care through this holiday season. In this workshop you will learn to,

• name with less judgment the variety of thoughts, feelings, and behaviors that arise unexpectedly at this time of year
• embrace the opportunities for growth that are inherent in this process
• see grief as a natural life task rather than something to be pathologized
• custom build your own shelter to carry through the holiday storm
• help kindle the spirit of light and brightness that comes with a new year.

About the Speakers: Mary Elizabeth (Beth) Carmack is a licensed Marriage and Family Therapist and Certified Process Therapy Instructor. She has been counseling for over 20 years with a strong interest in grief and loss issues since losing her mother several years ago. Margaret Toews is a licensed Marriage and Family Therapist, Certified Process Therapy Instructor, and is an Adjunct Faculty at the JFKU School of Holistic Studies. She experienced the death of both her parents in early adulthood, and has been interested in the grief process ever since. In working with those suffering from trauma, she has developed a range of skills addressing the impact of loss.

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