



The holidays are a time for special moments and new memories. The holidays can also *STRESS US OUT*, especially during Covid-19.

Holiday Anxiety...Let it go!

Holidays are a time of stress, but holidays are also about LOVE. This workshop will give you the tools to “Let It Go” and help you and your family cope with the stressors brought on by holidays. You will feel more empowered to enjoy and experience love and joy this holiday season.

November 30, 2021

6:00 to 8:00 pm



Live Webinar on Zoom

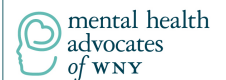
Once you register you will receive a link to the event



Joe Clem is a Licensed Marriage and Family Therapist (LMFT) since 2009 and Licensed Behavior Analyst (BCBA) since 2015. He

has worked for over 15 years with individuals with developmental and emotional disabilities and their families in various settings.

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