

# *The holidays can be the hardest time of the year when you are grieving...*



## *Find support with Therapy Heals Holiday Support Program Comprehensive Grief Support throughout the holidays and preparation for the new year ahead*

### *Topics Covered*

- Finding meaning
- Coping with loss
- Navigating difficult dynamics with family and friends
- Developing holiday plans that align with your grief
- Continuing traditions and starting new rituals that honor loved ones
- Planning for a new year without your loved one

### *Program Benefits*

- 10 weekly support groups led by grief therapist, Alanah Roy, LCSW
- Course workbook
- Support groups held on Christmas Eve and New Year's Eve
- Individualized holiday plans
- New coping skills for holiday activities
- Personalized 2024 goals and intentions for yourself and your grief
- Group support from other participants

---

Sundays, November 12 - January 14  
7:30-8:45pm PST  
Holiday Group times 1pm-2pm PST  
Program Fee: \$640

Support groups are led by Alanah Roy, LCSW, psychotherapist and Director of Clinical Services at Therapy Heals. Alanah specializes in working with sudden loss, family coping with serious illness, and perinatal mental health.

Questions? Interested in Registering? Please email: [alanah@therapyheals.com](mailto:alanah@therapyheals.com)