

Renz Counseling presents

Coping with Grief during the Holiday Season

Tuesday, November 12, 2019

9:00 AM

Cathy Renz, LICSW, a psychotherapist specializing in bereavement counseling, will provide attendees the opportunity to learn about the nature of grief and how it affects people in different ways. Participants will gain a better understanding of the normal grieving process, its symptoms and how they affect us, and explore strategies to help cope with the holidays, their activities & traditions, and associated feelings.

Metro South Chamber of Commerce

60 School Street
Brockton MA 02301

Register online!