

# GREAT EXPECTATIONS: FAMILY AND THE HOLIDAYS

## A Workshop for Older Adults

Saturday, December 8, 2018      9:30 am - 12:00 pm      \$40.00

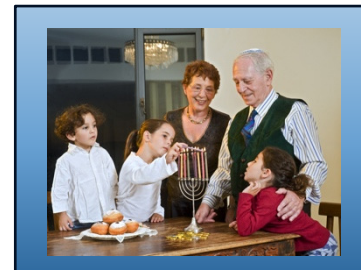


The Holidays don't always turn out like the idyllic family scenes in advertisements and on the Hallmark Channel.

- ◆ Old family patterns reemerge
- ◆ Familiar traditions change
- ◆ People who've passed away are missed
- ◆ Attending religious services is complicated
- ◆ Health changes limit involvement in celebrations

PARTICIPATE IN A MORNING WORKSHOP  
THAT WILL BE:

- ◆ *Informative*
- ◆ *Interactive*
- ◆ *Small Group Setting*



AT THIS CLASS YOU WILL:

- ◆ *Learn about family dynamics and systems.*
- ◆ *Develop insight into your own expectations and wishes.*
- ◆ *Discover ways to enjoy family moments without disappointment and regret.*
- ◆ *Focus on finding meaning and contentment in the Holiday experience.*



Conducted by Sue Alvey, Licensed Professional Clinical Counselor  
Counseling and Consulting with Older Adults and Their Families

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