

GRIEF, LOSS, AND NEW TRADITIONS DURING THE HOLIDAYS

Wednesday, November 11, 2020; 11:00am – noon

OR

Thursday, December 10, 2020; 7-8pm

Feelings of grief and loss can be particularly strong around the holidays. The drastic changes to our routine, traditions, and way of life we've experienced due to COVID-19 adds in another layer to grief and loss.

In this interactive, virtual presentation, you'll learn about common reactions to grief and loss, how to identify and draw upon your sources of strength to better cope, resources to support you and those you care about, and ways to create new and meaningful traditions.

This program will be facilitated by UW Madison Division of Extension Educators Selena Freimark & Debbie Moellendorf.

Register in advance for this meeting:

For November's Presentation: <http://bit.ly/UWEXTNOV>

OR

For December's Presentation: <http://bit.ly/UWEXTDEC>

After registering, you will receive a confirmation email containing information about joining the meeting.

