

Coping With The Holidays



We all know that the upcoming holidays can be a very stressful time just in living an ordinary family life. There is much confusion with the hustle and bustle of preparing for extra company, fixing special meals and playing the host while trying to also enjoy the whole experience ourselves. For families that have a loved one with mental illness, this time of year can add a whole new set of stresses to an already stressful situation.

Please join us for a presentation by Mara Briere, MA, CFLE , Founder and President of Grow A Strong Family, Inc. (www.GrowAStrongFamily.org). Mara will provide tips and strategies for family members on how to make the holidays a more enjoyable time for all involved.

WHEN: Tuesday, December 13, 2016

**WHERE: The Edinburg Center, 1040 Waltham Street,
Lexington**

TIME: 6:30p Refreshments/Presentation: 7p – 8p

Please RSVP to Janet Hodges at 781-761-5287 or jhodges@edinburgcenter.org