



Vision for Equality

Serving People with Disabilities and Their Families

# Navigating Grief During the Holidays

**Holidays can bring up a lot of emotions, including grief and loneliness. This is not limited to death. We can grieve people, places, and things that are present but perhaps not as we had hoped or imagined. In this interactive workshop, we will...**

- Discuss the stages of grief and how they might impact us during the holidays.
- Explore common and hidden triggers of the many emotions involved in the grieving process
- Learn about healthy coping strategies to address them.



This workshop will be presented by Chou Hallegra, program manager for the trauma-informed care and the system navigation projects at Vision for Equality. Two dates/times will be offered but you only need to register for one. A recording will be sent to all those who register.

**Monday, November 20th**

12:00pm-1:00pm

[pafamilynetwork.org/3QtEtjL](https://pafamilynetwork.org/3QtEtjL)



**Tuesday, November 21st**

6:30pm-7:30pm

[pafamilynetwork.org/3Q8bzEo](https://pafamilynetwork.org/3Q8bzEo)



**Click Link Above or Scan QR Code to Register for the the Zoom Meeting**

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Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance. Please contact [challegra@visionforequality.org](mailto:challegra@visionforequality.org).

The Trauma Informed Care Project for Philadelphia Families is a project of Vision for Equality and is funded through the city of Philadelphia DBHIDS.