

Coping With The Holidays

Open to Seniors 60+ | asking Donation

Thursday December 3rd @ 10 am

RSVP: Kari Pohar—847-740-6708

KPohar@CatholicCharities.net

Join Lauren Wozniak, LCPC, ATR in learning more about coping with grief during this holiday season. Our rituals may look different this year due to the pandemic. What we want the holidays to look like may be different than our expectations. This presentation will discuss ways to stay connected to our families in this virtual world and ways to honor our loved ones who have died during this special season. Secondary losses and coping skills will also be discussed in this presentation.



Isolation in 2020

Open to Seniors 60+ | asking Donation

Friday November 13th @ 10 am

RSVP: Kari Pohar—847-740-6708

KPohar@CatholicCharities.net

Just when human beings are needing support and a sense of belonging now more than ever, social distancing and self-quarantining cuts us off from others. Join Kelsey Hoepfer, LPC, NCC, CT to explore how we can work with the isolation and loneliness imposed by COVID-19 by taking in the support we do have and understanding painful feelings of isolation as feeling/body memories. This presentation will also include tips to help make virtual connection feel more personal and resources to tolerate and cope with fear and loneliness.



Virtual Campfire Stories & Cookie Decorating

Friday December 11th @ 1 pm

RSVP: Kari Pohar—847-740-6708 or
kpohar@catholiccharities.net

UPDATE: We will be delivering a cookie decorating kit and a goodie bag to you when you RSVP ahead of time.

It's that time of year where campfires, fireplaces and memories with family are abundant. Let's join around a virtual hearth and share some stories or memories that come to mind in winter. There will be a virtual campfire on screen, so grab your hot cocoa and a warm fleece blanket for an afternoon of warm and joyful stories.

This program will be good for video & Phone Call

www.Zoom.com

Meeting ID: 734 215 2035 | Passcode: 7c2nME

Call in: 1 312 626 6799 | Meeting ID: 734 215 2035

