



## ❄️ ■ Holiday Blues Group Series ❄️ ■

3 Sessions of Support, Connection & Coping

### **When:**

Friday, November 29  
Friday, December 6  
Friday, December 13

### **Where:**

Location TBA (in-person/online info coming soon)

### **Investment:**

- \$150 package (all 3 sessions included)
- Early Bird: \$120 (register by November 15)
- Bring-a-Friend Discount: Save \$20 each when two register together

### **Why Join?**

- Learn healthy coping tools for stress, grief, and loneliness
- Find connection with others who understand
- Create space for reflection and renewal this holiday season

■ Hosted by Motivational Counseling LLC

■ Register now at [MotivationalCounselingLLC.com](https://MotivationalCounselingLLC.com)

■ Space is limited — reserve your spot today! ■