



❄️ **Holiday Blues Group Series** ❄️

An Evening of Support, Connection & Coping

December 13th at 7 pm

Seats are limited

Telehealth Event

\$79.99, with 10% off if registered by November 15

Why Join?

Learn healthy coping tools for stress, grief, and loneliness

Find a connection with others who understand

Create space for reflection and renewal this holiday season

Hosted by Motivational Counseling LLC

Register now at MotivationalCounselingLLC.com

Space is limited — reserve your spot today!

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