

# Holiday Self-Care Virtual Workshop

Thursday, November 30  
11:00 am - 12:30 pm

To request accommodations:  
[http://bit.ly/request\\_accom](http://bit.ly/request_accom)

The holiday season is upon us! And with that often comes joy, fun, and time spent with loved ones. It can also bring stress, loneliness, and uncomfortable emotions.

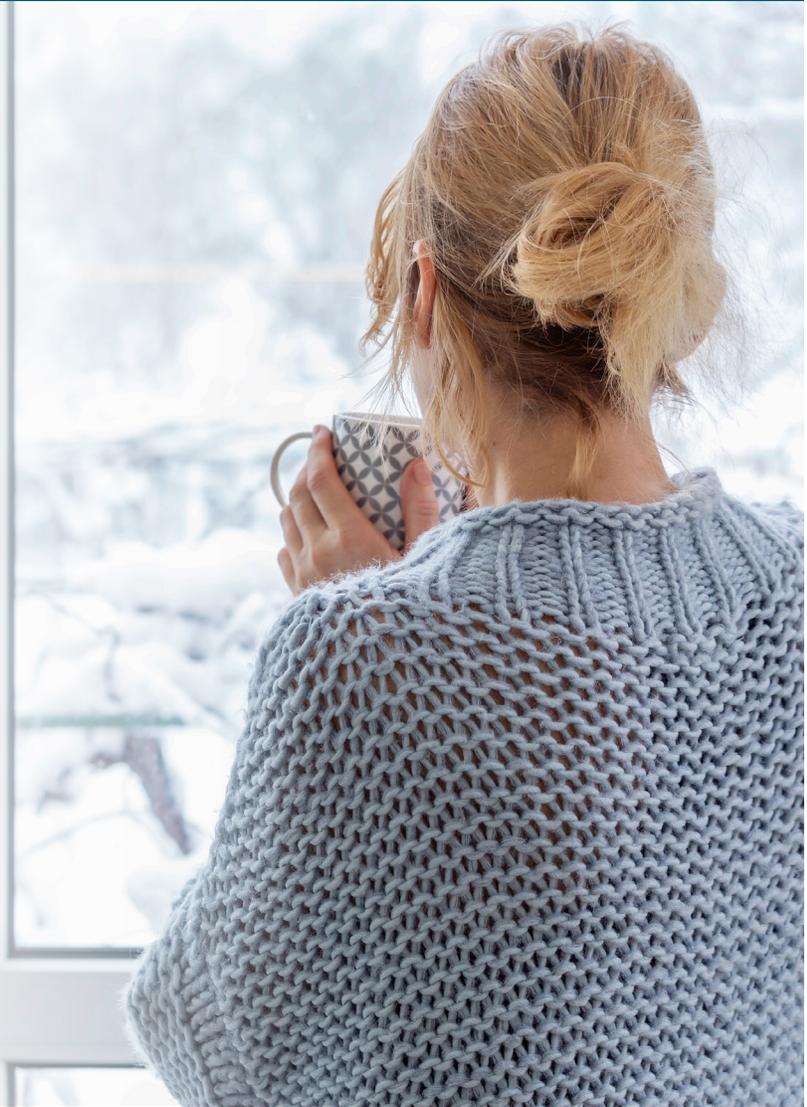
During this online workshop, we'll talk about holiday-specific mental and emotional challenges. You'll then learn strategies for making your self-care a priority so you can create an enjoyable holiday season.

## How to Join

This workshop is free and will be held via Zoom. To RSVP and receive the access link:  
Email: [cbaatz@the-ic.org](mailto:cbaatz@the-ic.org)  
Call: 719-471-8181, ext. 116

**About Our Presenter:**  
**Hayley Greeno, MA, LPC, NCC**

Hayley is a Licensed Professional Counselor currently providing teletherapy with BetterHelp. She supports clients as they work through issues of depression, anxiety, trauma, and self-esteem issues. Using body work, systems work, and work with thought processes, she helps people gain clarity, understanding, and tools to move through challenging experiences and emotions.



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