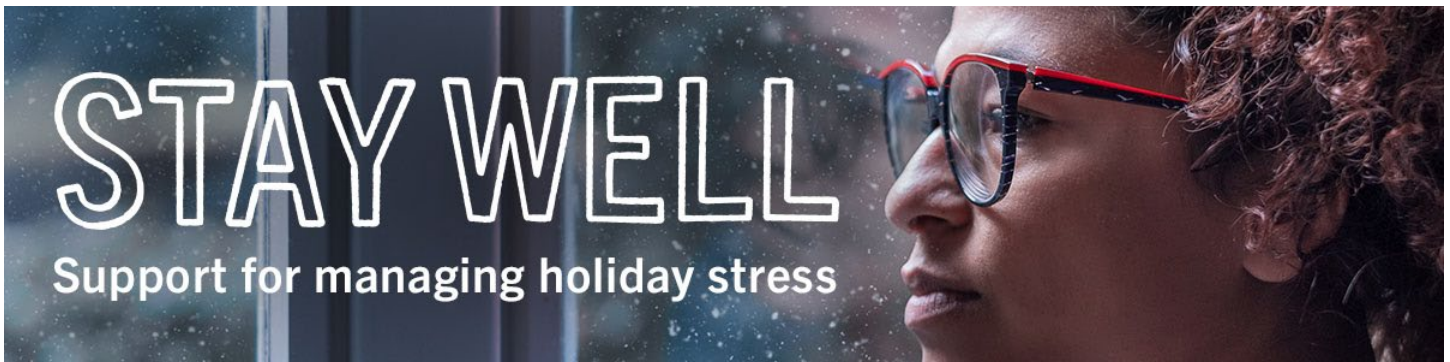


NEW GROUP!



Thursdays at 7 p.m.

For some, the season of “comfort and joy” can bring discomfort, sadness and dread. Emotions run high when families reunite. Pressure from too many expectations creates anxiety. Holiday memories can trigger pain and loneliness.

How can we manage the stress?

Join this discussion group, hosted by the Stay Well counseling team. Sharing your feelings with others can lead to insights and strategies to lift your psychological burden. Meanwhile, hearing about other Michiganders’ experiences can provide assurance that you’re not alone.

The group meets via Zoom every Thursday at 7 p.m. for one hour.

Click here to register: <https://bit.ly/3sXXPAT>

To learn more about this and other Stay Well services, visit
Michigan.gov/StayWell.