



ELIXIA
wellness group

Beating the Holiday Blues Support Group
Wednesday Evenings from 7:00-8:30pm
November 18-December 30, 2009

Beating the Holiday Blues Support Group

The holidays are once again upon us and with them come anticipated family gatherings, festive parties, gifts, laughter, joy and...pain? If the holidays make you sad, lonely, anxious or overwhelmed, this group may be for you.

Join Dr. Serena Sterling, PsyD, Psychologist Resident, in this 7-week group and get support and helpful tips for tackling the holiday blues.

Meetings will be held Wednesday evenings from 7:00-8:30pm beginning November 18, through December 30, 2009 at Elixia Wellness Group. The cost is \$20/group with a 15% discount for those committing to attend all 7 weeks.

Please call to reserve your spot.

Dr. Serena Sterling, PsyD

Psychologist Resident, Daniel Schiff, PhD, Supervisor

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