



Family Service of Lake County & Willow House Present:

Find Your Path to Hope for the Holidays

Please join us to learn how to create coping strategies for the holiday season.



Tuesday, December 8th
6:00pm-7:00pm

This event is **free** and open to the public.
Advance registration is required.

Please register here: https://bit.ly/holiday_hope

Guest Speaker: Kelsey Hoeper, LPC, NCC, CT

Clinical School & Community Program Coordinator
Clinical Site Coordinator: Survivors of Suicide Loss &
Virtual Support

The holiday season can be a difficult time for many, and the COVID pandemic makes this year especially challenging. The Counseling team of Family Service of Lake County is hosting a workshop to help you create your own path to connection and hope during the upcoming season. Willow House's Kelsey Hoeper will present strategies for coping with isolation, grief, and regret. She also will offer suggestions for making practical holiday plans, memorializing loved ones, and updating old traditions. Participants will explore creative ways to maintain connectedness with family and friends while staying safe and healthy throughout the season. Please join us for this special event.