

Getting Through Holiday Related Grief, Depression and Stress

WEBINAR Sponsored by the Peoples Church Wellness Ministry



Diane Kern, Ph.D – Psychologist;
Psychotherapist; Emotional Wellness Coach



William B. Lawson, MD, Ph.D, DLFAPA
Psychiatrist, Mental Health Specialist



Rev. Maude Hudson – Ordained
Minister: Bereavement Counselor

On Sunday, November 28th 1:00pm - 2:30pm

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Panelists will discuss:

- Emotional Distress related to various types of loss– signs, symptoms and practical tools to alleviate and heal.
- Clinical Depression related to loss. Manifestation and treatments.
- Spiritual aspects of grief; ways to cope and work through grief.

The Wellness Ministry at Peoples Congregational Church UCC invites you to a Webinar on Grief & Depression

On Sunday November 28, 2021 at 1:00pm.

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to join.

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Rev. Brandon Harris
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