



VIRTUAL ALUMNI PANEL



Rediscovering Holiday Joy In Recovery

As we approach the winter holiday season, we are often flooded with a barrage of Hallmark movies, well-curated advertisements, and social media images depicting a perfect, magical time of year. These media often offer unrealistic expectations and pressures for the holidays, especially when also navigating recovery.

Join us for a **FREE** virtual panel discussion, facilitated by **Alumni Services Coordinator, Erin Birely, LCPC**, on the topic of rediscovering holiday joy in recovery. Each panelist will share their story of recovery, and outline how they've set realistic expectations for the holiday season, by setting boundaries, incorporating mindfulness, and finding joy in the small moments and triumphs along the way. They will then answer questions from attendees. We hope you will join us for this rich and inspiring conversation!

Monday, December 9, 2024
7:00 pm – 8:30 pm (ET)

Held online via
Zoom

PANELISTS



Michelle A.
(she/her)



Dawn G.
(she/her)



Katye J.
(she/her)



Casey T.
(she/her)

REGISTER NOW: www.renfrewcenter.com/events

For questions about this event, please contact
alumni@renfrewcenter.com.

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