



Managing Holiday Stress & Grief: A Faith Perspective

Upcoming webinar presented by TriHealth's Faith-at-Work Employee Resource Group

Grief and loss often are felt strongly during the holidays, as families and relationships change or loved ones pass away. Faith is one resource that helps people cope with these experiences. Join Diane Mushaben, MA, LPCC-S, specialty treatment coordinator with TriHealth EAP, and TriHealth's Faith-at-Work Employee Resource Group as we consider how faith and psychology together can help us manage holiday stress, grief and loss.

Wednesday, Nov. 3 | 11:30 a.m. to 12:30 p.m.

Registration Link: [Managing Holiday Stress & Grief](#)

Pre-Registration Required.

TriHealth Faith-at-Work celebrates the diverse faiths represented throughout TriHealth and enriches our faith-based experiences with respect for all faiths. Learn more about TriHealth's [Faith-at-Work ERG on Bridge](#).

For support with managing the stress of the holidays or any day, call TriHealth EAP for confidential counseling and assistance at 513 891 1627 or visit [TriHealthEAP.com](#).