Realistic Expectations: Key to Reducing Holiday Stress

Winter brings holiday festivities—Hanukkah, Winter Solstice, Christmas, Kwanzaa, New Year’s. And festivities can bring joy and fun—but also lots of pressure—overcrowded schedules, overspending, overtaxed energy reserves and family tensions can all contribute to holiday stress.

The key to managing all of these pressures is to have realistic expectations. After all, it’s not so much the holidays that are the trouble, it’s the meanings we attach to them.

Come join us to learn ways to reduce your family’s Holiday stress!

Locations and Times:

November 9th from 12:00 pm to 1:00 pm at Mission Children’s Outpatient Center

November 30th from 5:30pm to 6:30 pm at NC Cooperative Extension
94 Coxe Avenue in Downtown Asheville

For more information call Cathy Hohenstein at (828) 255-5522