



**Monday, Dec. 12th: 6pm**

**Join us for a free presentation on managing grief during the holidays. Together we'll explore practical ways to reduce stress and anxiety, and help make the holiday season a time of healing.**

## **The Listening Place**

**1333 W. Lockwood Ave. Webster Groves**

**Located at the corner of W. Lockwood and Berry Rd.  
Please enter at door facing Berry Rd.**

**Presented by Bethesda Hospice Care**

**For questions, please contact Julie Strassman at  
[jastrassman@bethesdahealth.org](mailto:jastrassman@bethesdahealth.org) or 314-373-7041.**