

TIDEWATER PASTORAL COUNSELING SERVICES

Presents



“Survival Skills for the Holidays”

an eight-week support group for making it through the holiday season

Facilitated by **Marty Phillips, LPC**
Assistant Executive Director

We all know what a challenging time the holidays can be for many of us. This eight-week long support group will assist individuals in developing “survival skills” to help make the holidays the best they can be.

The group will begin on **Wednesday, December 9th, 2009 and run through Wednesday, January 27th, 2010.** All sessions will be held at **St. Andrew’s United Methodist Church** located at 717 Tuscon Road in Virginia Beach from **6:00 p.m. to 7:30 p.m.** Cost is \$200 and includes all eight sessions. For information call 717-3884.

Early registration is encouraged. Complete this form and mail to:
TIDEWATER PASTORAL COUNSELING SERVICES
7305 B Hampton Blvd.
Norfolk, VA 23505-2923

Or register online at:
www.tidewaterpastoral.org

Or fax this form to: (757) 640-1058

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Referred By: _____