

When Cancer Meets the Holidays: Balancing Grief, Joy, and Self-Compassion

Margaret Hartsook is an Art Therapist and Licensed Professional Counselor specializing in cancer and grief.



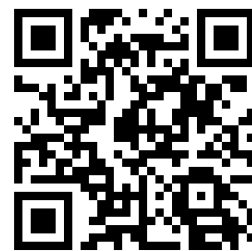
The holidays can bring joy, but they can also bring unexpected emotions for those affected by cancer. Changes in health, family traditions, relationships, or the loss of the life you expected can create a sense of grief that is difficult to describe. This experience, often called ambiguous grief, is a common and valid part of the cancer journey.

Join Margaret Hartsook, ATR-BC, LPC, for a conversational and experiential evening to learn practical strategies to cope during the holiday season with greater self-compassion and resilience.

When: Tuesday, November 17th, 5:30 - 7:00 p.m.

Where: Virtual on Zoom

Registration: Scan the QR code or visit www.legacyhealth.org/cancerclasses



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