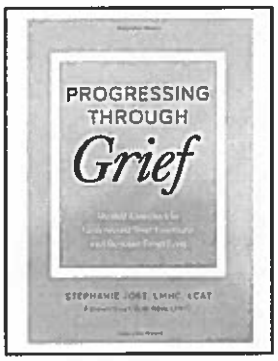
HHH PTA COUNCIL'S
PARENT RESOURCE /TASK FORCE Committee together with REACH CYA

We are pleased to join HHH Community Library in Dix Hills for a book presentation:



"Progressing Through Grief"

Guided exercises to understand your emotions and recover from loss.

By HHH author and mental health counselor, Stephanie Jose, LMHC, LCAT

This presentation will explore common grief patterns, emotions and reactions.

- Learn strategies to process your grief and bring your mind and body back into harmony.
- Learn how to be there for yourself and others during the holidays.

Stephanie Jose is a licensed therapist and grief expert. Progressing Through Grief is designed to help you progress through your grief and into healing.

Join us at the Library!

Wednesday, November 16, 2016
7:00pm
at HHH Library/Dix Hills
55 Vanderbilt Parkway

For more information call Corrie Ann Young, 631-236-7736
or email REACH CYA at reachcyainc@aol.com .

This is not a HHH School District sponsored or endorsed activity.
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NOV 04 2016
KELLY FALLON
SUPERINTENDENT OF SCHOOLS

11/4/16