Grief at the HOLIDAYS



The holidays can make grief feel heavier — empty chairs, changed traditions and pressure to be merry. Join EACC Counselor Natalie Twelkmeier, ALC, for this one-hour supportive session on navigating loss during a season that often magnifies it. Come as you are.

WHEN & WHERE:
Tuesday, December 8, noon-1 p.m., via Zoom

WHO:
Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:
Visit go.uab.edu/EACC-Calendar and select "Grief at the Holidays" to register. To request disability accommodations, email HRAWARE@uab.edu.