

Center for Community Health & Prevention

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Got Health?

Free talks to help you get and stay healthy

Beat the Holiday Blues: Tips for Handling Stress, Depression & Grief during a Season of Celebration

Join us for this talk on the Center for Community Health & Prevention's [Facebook page](#). Learn how to feel emotions in a safe way, reframe unhelpful thoughts and reach out for support from others, when needed.



Date: Thursday, December 8

Time: Anytime after 11 a.m.

Presenters:

Anna Defayette, PhD, and Morica Hutchison, PhD, LMFT, Postdoctoral Fellows in the Department of Psychiatry, URM

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This Got Health? talk is sponsored by the Center for Community Health & Prevention in partnership with the Central Library of Rochester and Monroe County.

