

YOU'RE INVITED TO OUR NEXT GENERAL MEETING

ROUNDTABLE DISCUSSION

HOLDING THE HOLIDAYS: NAVIGATING THE EMOTIONAL WEIGHT OF THE SEASON AS A PROFESSIONAL



DATE:
DECEMBER 9,
2025



TIME:
11:30AM – 1:00PM



LOCATION:
DANIELS FAMILY
FUNERALS –
CARLISLE
CHAPEL (3113
CARLISLE BLVD
NE, ABQ)

As grief and stress intensify during the holidays, professionals often absorb heightened emotions from those we serve. Join us for a reflective roundtable discussion on how we experience, manage, and support one another through this seasonal intensity. The first half of our time will focus on open conversation and shared insights, followed by social time and our annual gift exchange. *To participate in the gift exchange, simply bring a wrapped gift associated with self-care or wellness that is valued at \$10 or less.*

RSVPs encouraged on our website: <https://gnanewmexico.wixsite.com/grief>

Questions? Email Dr. Genna Reeves at greeves@heartlightcenter.org.

RSVP HERE



GNA-NM WEBSITE

PRESENTED BY



**GRIEF
NETWORKING**
ALLIANCE OF NEW MEXICO

Open to all helping professionals and community members who companion others through loss, death, end-of-life, grief, trauma, or crisis.