

Managing Grief During the Holidays

FINDING WAYS TO COPE

Presenter:

Jennifer West, LCPC
Senior EAP Counselor

This webinar will provide practical strategies and supportive insights to help you navigate the holiday season while honoring your loved ones and taking care of your emotional well-being.



Thursday,
November 12, 2026



12:00 PM – 1:00 PM
(Virtual Webinar)



[Join Us](#)

*Open to employees and immediate
family members.*

During This Session, You Will:



Understand
common grief
responses during
the holidays



Learn practical
coping strategies
to manage difficult
emotions



Explore ways
to maintain traditions
or create new ones
that feel supportive



Find meaningful
ways to honor and
remember your
loved ones

EMPLOYEE ASSISTANCE PROGRAM

419 W. REDWOOD ST. STE 560 BALTIMORE, MD 21201

667-214-1555 | WWW.FPI-EAP.ORG | EAPADMIN@SOM.UMARYLAND.EDU