



## PATIENT & CAREGIVER EDUCATION

# Coping with Grief During the Holiday Season

When grieving, getting through the holidays with the added stress of the pandemic can be an overwhelming experience. The Social Work Bereavement Program presents a panel discussion focused on taking care of yourself during this time of year.

We look forward to welcoming you to this session.

For more information about the bereavement program at MSK, call 646-888-4889 or email [bereavement@mskcc.org](mailto:bereavement@mskcc.org).