



**Joseph's Corner**  
**A counselling service**  
**for families living with**  
**alcohol and drug**  
**addiction**

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### The Venue

Joseph's Corner  
13 Bellin Street  
Laverton VIC 3028

**This course will be offered via Zoom. The link will be provided through email the day before.**

### **RSVP to**

93152680.or  
0411475358

[contact@josephscorner.org.au](mailto:contact@josephscorner.org.au)

### When

Wednesday 16<sup>th</sup> December

### Time

10am to 3pm.

This course will be run with the support of a grant from the Hobson's Bay City Council.

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# Surviving Christmas 2020

## “Addressing the challenges and changes faced during Christmas 2020”

✚ Christmas can be overwhelming on the best of years. Family politics, logistics of holiday planning, the stress of gift shopping... but as we leave lockdown and enter “Covid normal”, this year we are faced with a new set of changes and challenges on top of the pre-existing ones.

✚ This workshop aims to provide you with space to discuss the things that are concerning YOU as Christmas approaches - be that having mixed feelings about socializing again, worries about addressing potential conflicts, or experiencing feelings of exclusion and loneliness, to name a few. We aim to provide a space to safely address YOUR concerns, and work towards forming effective strategies to address them where appropriate.

✚ Join us between 10am and 3pm (including 1hr lunch break and 2x tea breaks) to explore some traditional and creative therapy strategies that may assist in easing the worries of Christmas 2020.



By being in a group we can feel connected to like-minded people; being in a group helps us feel less isolated. Humans aren't meant to be alone, but in relationship with others. We hope that by joining this one off group you will experience a sense of connection as you learn with the other members.