



## Someone's Missing for the Holidays

### A Class in Health & Wellness

Instructed by: Cocoon House

The holidays can be a particularly blue time of the year for people, especially children and teens. In this class, you will learn about:

- How to avoid unrealistic expectations for children during the holidays
- How losing a parent to divorce or death affects your children
- What you can do during this time to support your children through these types of change

**Thursday December 12th, 2019, 6:00-8:00pm**



**Location: Ken Schilaty Learning Center  
5908 Evergreen Way, Everett, WA 98203**

**Registration: Advanced registration is required. Complete and return the registration form to [collegeofhope@housinghope.org](mailto:collegeofhope@housinghope.org) or register on our website [www.collegeofhope.org](http://www.collegeofhope.org)**

**Register by Friday, November 29th, 2019**

*If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.*