



**healthbrigade**

1010 N. Thompson St.  
Richmond, VA 23230



# HOLIDAY STRESS SUPPORT GROUP

**TUESDAYS 12-1 PM**

**11/12-12/17**

**ANDREW'S ROOM ON 2ND FLOOR**

**Open to anyone virtually or in person**  
**Attend 1 or all sessions**

- Gain support and connection
- Learn coping skills
- Manage financial & family stress
- Navigate religious & political views
- Feel prepared for the holiday season

Please register to participate by  
contacting Abigail Hopkins  
Email: [ahopkins@healthbrigade.org](mailto:ahopkins@healthbrigade.org)

## Group leaders



Abigail Hopkins



Mindy Schuler