Holidays and Celebrations –
Home For The Holidays….Now What?

Webinar

Live Staff Training 1 Hour
Family Caregivers & General Public 1 Hour

**Program Description –**
This program is designed to assist Staff and Families with holiday seasons and celebrations. We will discuss things from event planning to gift giving, to dealing with grief and loss to tips and techniques to console and engage those struggling at these special times in their lives.

**Objectives –**
- Explore the signs of stress
- Better equip participants to identify difficult moments and what can be done before during and after the event.
- Learn techniques to build relationships to remove fear and discomfort
- Find ways to recondition our expectations of others
- Review the “3 Things We Remember” to shift mindsets
- Learn how can music play a role in person centered care