



LAKEVIEW PANTRY

Food for Today, Hope for Tomorrow

Holiday Heartache & Winter Woes Workshops

Do you feel stress or anxiety about the upcoming holiday season or wintertime? You are not alone!

This time of year is often known for cheer and joy, but it can also bring feelings of sadness as we remember the past or anxiety as we think about the future. Meet with other people going through the same thing and learn new ways to find relief!

TWO WORKSHOPS
FRIDAY, NOV. 22 & MONDAY, NOV. 25
2 - 3 PM
SHERIDAN MARKET
3945 N. SHERIDAN RD.



Questions? Please contact Edward Alderson at (773) 525-1777 ext. 244 or at edward@lakeviewpantry.org. No registration required.