



# Mindful Holidays: Navigating Grief with Compassion and Presence

**FREE! Join us via Zoom Webinar**  
**Thursday, October 24, 2024 | 6:30 - 8:00pm**

The holiday season can intensify your sense of loss, affecting your mind, body, and heart. Whether you are newly bereaved or have been walking this path for some time, this webinar will offer you a deeper understanding of how to integrate mindfulness into your holiday experience, fostering resilience and self-care.



## **Presenter, Heather Stang will discuss:**

- Discover coping techniques, such as breathing exercises and meditation, to help you manage the pain of loss.
- Learn practical strategies for creating new holiday traditions that honor your grief and balance the needs of you and your family.
- Develop tools for mindful and compassionate self-care, including setting limits and emotional regulation during holiday gatherings.
- Discuss how to model healthy grieving for children and teens.
- Utilize a personalized worksheet to plan your winter holiday season, ensuring continuous support and a mindful approach.

Heather Stang, MA, C-IAYT, is the author of [Living With Grief](#) (formally [Mindfulness & Grief](#)) and the guided journal, [From Grief To Peace](#). She holds a Master's Degree in Thanatology from Hood College, and is a Certified Phoenix Rising Yoga Therapist.

**Register at: [bakken-young.com/event/fall-2024-webinar](https://bakken-young.com/event/fall-2024-webinar)**

**Questions? Contact Julia Rajtar, Grief Support Coordinator**  
**(715) 781-4003 or [julia@bakken-young.com](mailto:julia@bakken-young.com)**

**Bakken-Young Funeral & Cremation Services**

River Falls (715) 425-8788 | [info@bakken-young.com](mailto:info@bakken-young.com) | New Richmond (715) 243-5252

Visit our grief support page for more information on events and resources at: [bakken-young.com](https://bakken-young.com)