

Holiday Hot Buttons: 5 Simple Steps to Cool Them Down

Yearning for perfect holidays filled with warm togetherness? You're in good company! But stress, expectations, and difficult family members can derail and trigger us.



In this interactive workshop, we will explore 5 simple steps to cool down emotional triggers and gently transform our perceptions and communication for a more satisfying holiday.

Thursday November 3rd 6:30—8PM
Share Exchange

531 5th Street in Santa Rosa 707-331-6850 \$10-\$20



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