

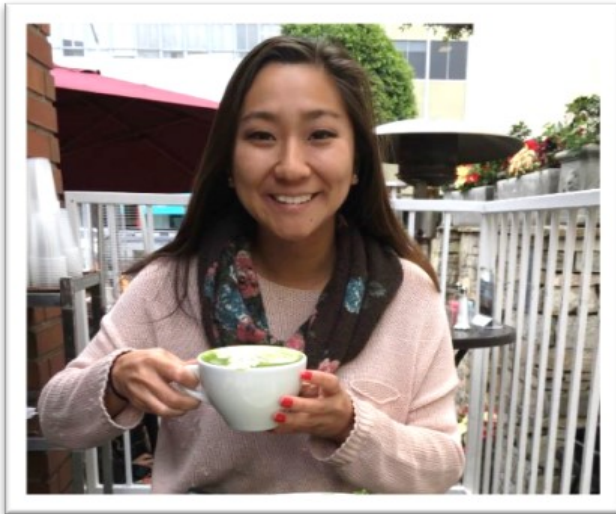


# Caring for Ourselves During the Holidays

Are the Holidays a stressful time for you?

Do you know someone who is having difficulties at this time of the year?

There are mindful ways of coping with the stress and finding ways to enjoy the Season!



**Jenna Tokeshi**

Associate Marriage & Family Therapist



**Rev. Matt Hamasaki**

Resident Minister, Sacramento Betsuin

Join our facilitators for an evening filled with great ideas for taking care of ourselves and alleviating or avoiding stress during this *"Most Wonderful Time of the Year!"*

Wednesday, 12/11/19, 6:30 pm, Classrooms 1 & 4  
Sign up in the Office or [BetsuinPrograms@gmail.com](mailto:BetsuinPrograms@gmail.com)