

# Songs for a Winter's Night

**Getting through the holidays and darker days with a grieving heart**

Facilitated by Avalon Harris, certified music therapist, this drop-in program provides space to explore grief over the holidays. We will sing, breathe, share, and support one another.

No musical experience is necessary. Although this program is offered at no cost, registration is required.

## **TWO OFFERINGS**

**Wednesday, December 6th at 3pm**

**Tuesday, December 19th at 7pm**

To learn more or to register for this drop-in program, please contact Avalon Harris, Music Therapist at The Carpenter Hospice.

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**Carpenter Hospice**