

# Dealing with Holiday Stress

*Prepare for it, move beyond it*



**Saturday, November 29**

**9:00 a.m. – 10:30 a.m.**

**Coffee & bagels 8:30 a.m.**



Holiday stress can leave us feeling blue, sometimes depressed. Are these feelings normal? Can we really apply our faith in coping with periods of depression?



Join us Saturday morning, November 29, for an interactive workshop led by Dr. John G. Brown to address these questions. The program will give participants an opportunity to prepare emotionally, spiritually and psychologically for the holidays, and Dr. Brown will teach various ways to address our reactions during the holidays.

The Rev. Dr. John G. Brown is an ordained United Methodist minister who conducts pastoral counseling and psychoanalytic psychotherapy with individuals, couple and families. He specializes in mood disorders. Dr. Brown is a teaching fellow, training analyst, and supervisor with the Westchester Institute for Training in Psychotherapy and Psychoanalysis. He is also a Fellow in the American Association of Pastoral Counselors.

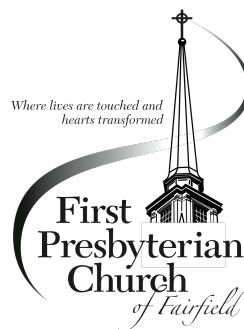
Please join us for this important program as we enter Advent. Reservations are suggested and can be made by calling the church office (203-374-6176) or by email at [rsvpresby@sbcglobal.net](mailto:rsvpresby@sbcglobal.net).

## Blue Christmas

**Wednesday, December 17**

**8:00 p.m.**

Rev. Dr. John Brown will also join Dr. Duffy on Wednesday, December 17, for our annual Blue Christmas service, a service of hope for those who find the holidays overwhelming, sad, depressing or over commercialized or who have suffered loss.



2475 Easton Turnpike  
Fairfield, CT  
203-374-6176