



HOLIDAY ORNAMENT & RED CROSS WORKSHOP

EVENT INFORMATION

Date:

Saturday, December 14, 2019

Time:

10:00 AM - 12:00 PM

Registration Required:

Contact the Cohen Clinic at 240.847.7500 or mlass@eseal.org

*Learn more about upcoming events at <http://bit.ly/CohenClinicEvents>

Join The Steven A. Cohen Military Family Clinic at Easterseals and the American Red Cross for a Holiday Ornament and Emotional Grit Workshop. Veterans and military families will learn how to understand the many emotions that come with challenges and transitions while painting beautiful holiday ornaments for the whole family! This workshop will help participants recognize when behaviors, thoughts and feelings are manageable and when they could be signs or symptoms of depression. Come learn and create with us!

- ★ **Open to Veterans and Military Families**
- ★ **No Cost**
- ★ **Child Care Provided**
- ★ **Free Onsite Parking**
- ★ **Metro Accessible**

LOCATION



The Steven A. Cohen
Military Family Clinic
at Easterseals

1420 Spring Street,
2nd Floor Conference Room
Silver Spring, MD 20910

Parking: Turn on Second Ave and the parking garage is directly under the Easterseals building.



**American
Red Cross**