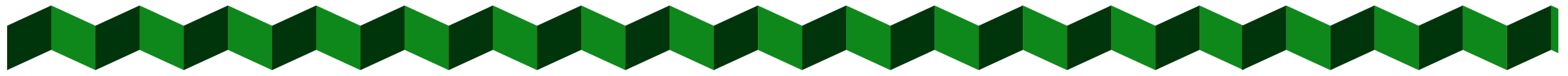


Alone but not lonely



When do I feel lonely during the holidays?

Identify your triggers first.

What can I change to feel less lonely?

Who

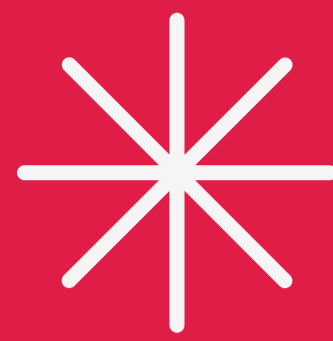
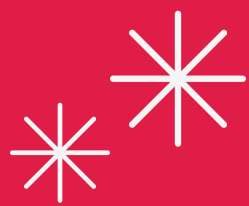
could I invite?

&

What

can I do?

How do I want to feel? Write it in the blank on the poster and hang it where you will see it often



'TIS

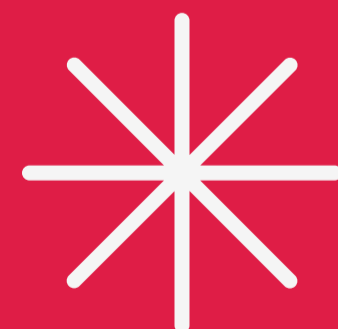
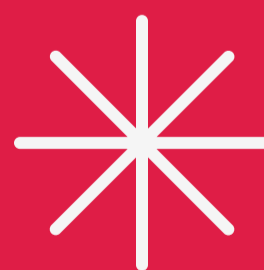
THE



SEASON



TO BE _____!



M E R R Y C H R I S T M A S !