



UCLA|VA
Veteran Family Wellnes Center

Hopeful for the Holidays

Wednesday, December 8, 2021

11:30 AM to 1:00 PM

The holidays can be a joyful time but can also bring their own set of challenges! Join us for a virtual workshop all about managing stress and making the most of this holiday season.

Register in advance for this webinar.

Click here to register or visit:
<https://vfwc.ucla.edu/>

