

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton Workshop, “Loss, Grief, and the Holidays: Finding a Glimmer of Light”

Free Saturday Workshop at Stockton College on November 19

For Immediate Release

Monday, November 14, 2011

Contact: Tim Kelly
Office of Public Relations
101 Vera King Farris Drive
Galloway Township, NJ 08205
Tim.Kelly@stockton.edu
(609) 652-4950

Galloway Twp., NJ - The Stockton Center on Successful Aging (SCOSA) is offering a free workshop on strategies for coping with the loss of loved ones during the holiday season.

The three hour long workshop will be held in the Board of Trustees Room of the Campus Center on the Stockton campus in Galloway. It takes place from 10:30am to 2:00pm on Saturday, November 19. A continental breakfast will be served.

Christine A. Gayda, Ph.D., a NJ licensed psychologist and neuropsychologist will present coping strategies for dealing with loss throughout the holiday season for those who have experienced a loss at any time, yet have extra difficulty facing the holidays. Participants will be asked to voluntarily complete several questionnaires as part of ongoing research of this project; this is not mandatory but will be part of the first 20 minutes of the workshop.

Dr. Gayda is also a Visiting Assistant Professor of Psychology at The Richard Stockton College of New Jersey and the Service Chair for The Stockton Center on Successful Aging.

For more information, please contact: Dr. Christine Gayda at 609-513-2143 or Christine.Gayda@stockton.edu.

Visit the SCOSA website for program updates: www.stockton.edu/scosa.

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