

Grief During the Holidays

Path to Positive Aging Series

When:

Thursday, November 5, 2026
3:00–4:00pm

Location:

Zoom Online Webinar

RSVP:

Register Online or call 805.497.0189
www.seniorconcerns.org/seminars

Seminar is Free of Charge
Donations Accepted

Seminar Topics

- ✦ Understanding Grief
- ✦ What holidays look like now
- ✦ Different coping strategies to navigate the new normal

REGISTER ONLINE:

SENIORCONCERNS.ORG/SEMINARS



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Presented By: Lori Oberman, Licensed Marriage & Family Therapist



Lori Oberman is a licensed Marriage and Family Therapist that has been helping families and children since 2000.

In addition to her private practice, she has run bereavement groups for many years, aiding loved ones through the grief process.

Lori began her career at a domestic violence clinic, providing crisis hotline support. She later counseled middle school students before working at a drug rehabilitation center, where she helped teens and their families navigate addiction and its impact on family dynamics.

Lori has a bachelor's degree in sociology with a minor in education from UCLA, as well as a master's degree in psychology in marriage and family therapy from Phillips Graduate Institute.