



CROSSWAY CENTER
MCDONOUGH, GEORGIA

FALL 2026 SERIES

Lunch & Learn

WELCOME

Embrace the season with us. Connect with others in our community, share a meal, and learn healthy, practical ways to manage holiday stress. Our counselors will share their expertise and mindful tools to help you navigate the busy months ahead.

WHEN Wednesdays at 12 PM

The Series

OCT

28

WED · 12 PM

Surviving the Holidays

Pamela McMichen, LPC

NOV

4

WED · 12 PM

Parenting Support

Deja Smith, MS, LAPC, CRC

NOV

11

WED · 12 PM

Veterans Day

Pamela McMichen, LPC

NOV

18

WED · 12 PM

5 Common Mistakes When Using Coping Skills

(and what to do instead)

Dr. Cynthia Adeniyi, LPC

\$22

PER CLASS

Includes a delicious **Chick-fil-A boxed lunch**.
Sweet tea and lemonade will be provided.

HOW TO REGISTER

Email Sonya at sonya@crosswaycenter.com with your name and contact number to complete your registration.

Please register at least 24 hours before the class date.

Thank you!

CROSSWAY CENTER LLC

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