

SAVE THE DATE

The Effects of COVID-19 on Mental Health Workshop Series - Part Three



Source: <https://www.myamericannurse.com/caregiving-for-a-family-member-can-be-difficult/>

The COVID-19 pandemic has had a tremendous impact on our lives. Many are struggling with stressful situations, feelings of isolation and depression. This workshop series will provide participants the opportunity to understand the mental health crisis in CT. Presenters will share lessons learned, discuss how the pandemic has effected the target groups, inform of the available mental health resources in the state, and provide guidance on how to access mental health services.

This workshop will focus on the effects the pandemic has had on mental health in working parents.

Registration is required.

When: Friday, November 19, 2021

Time: 9:00 – 11:00 a.m.

Focus: Working Parents

Presenters:

Kaitlin Comet, The Hub/RYSAP

Terry Henry, Waveny LifeCare Network

Dr. Stephanie Paulmeno, Greenwich Health Department & CT Nurses Association

This is a Zoom Meeting. Please register by November 17, 2021.

To register, click the link below.

<https://us02web.zoom.us/meeting/register/tZYodeqsrT0uHdFAqnniZTrL7ux7iNztAB2W>



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