

MOVING BEYOND COVID-19:

Preparing ourselves and our community for recovery

Educational opportunities for community members, communal professionals, volunteers, lay leaders and Rabbis.

A Year of Upheaval: What Has Trauma Done to our Bodies and our Brains?

Sunday, April 25th
1:00 - 3:00 pm

No charge but registration is required

This has been a year of almost unrelenting loss, change and grief. What does all this trauma do to our bodies and our brains? Why are we forgetting simple things, sleeping badly, breaking teeth? This community workshop on COVID recovery will feature psychologist Dr. Betsy Stone who will explore the impact a year of COVID has had on your body and your brain and discuss ways to move forward.



Betsy S. Stone, Ph.D. is a retired clinical psychologist who currently teaches as an adjunct lecturer at HUC-JIR, teaching pastoral and developmental topics in the School of Education. She gives webinars and

seminars to community professionals, volunteers, rabbis and parents on topics as wide ranging as Trauma, Adolescent Spirituality, Gen-Xers as parents, Teenagers and their Brains, Leadership in Crisis, and Stress and Anxiety. During the COVID-19 crisis, Betsy has led numerous webinars on Trauma, Resilience and Post-Traumatic Growth for a wide variety of audiences. She does not like chocolate in any form.

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_PtSgPEtqQQGvuHr4JaI_sg

After registering, you will receive a confirmation email containing information about joining the webinar.



Jewish Seniors Alliance
SENIORS STRONGER TOGETHER



Peretz Centre
Education Community Tradition Tikkun Olam



Jewish Community Centre
of Greater Vancouver