

Behavioral and Spiritual Health Series

Registration Link: <https://forms.gle/6TY4ZaAfBvg8QHZU6>

Weekly Series

Our goal is to offer information, education, support and hope through a four-week series in discussing the importance of having behavioral and spiritual wellness, especially in light of the Covid19 pandemic and other traumatic events of 2020.

August 6 Presenters:	Time: 7:00pm - 8:15pm Topic: Trauma	Series 1 Introduction: What's Going On? Living Emotionally and Spiritually During a Pandemic •The Reverend Jessiline Anderson,PhD Associate Minister, Allen Chapel AME Church •Alisha Shelton, LIMHP Facilitator: Pastor Maxwell Ambris, Moderator: Beatriz Gonzalez, LIMHP, LICSW
August 13 Presenters: Presenters:	Time: 7:00pm - 8:15pm Topic: Grief Topic: Couples	Series 2 When This...Then That: Exacerbated Effects and What To Do •Pastor L.D. Richardson, Senior Pastor, Mount Zion Community Church •TBD, Grief's Journey •Betty Kola, PhD,CPC, LIMHP Facilitator : Rev. Ernesto Medina, Pastor St. John Lutheran Church, ELCA, Beatrice NE, Moderator: Kimira Snipe, OPS Board Member & Community Leader
August 20 Presenters:	Time: 7:00pm - 8:15pm Topic: Parenting Topic: Youth	Series 3 Keeping Your Family Healthy Emotionally and Spiritually in a Pandemic •David Soriano, LIMHP •Teen Grp/Lakeisha Phelps , CPSWS, Youth Navigator PSP at NFSN Facilitator : Pastor Maxwell Ambris, Moderator: Kelly Rupp, LCSW, LIMHP
August 27 Presenter:	Time: 7:00pm - 8:15pm Topic: My Grace Is Sufficient Topic: Living Hope in a Real Community	Series 4 "Keep Hope Alive" - Where There is Hope, There Is Life •Rev. Ernesto Medina •Dr. Donna Polk PhD, LMHP Chief Executive Officer, Nebraska Urban Indian Health Coalition, Inc. Facilitator : Pastor Maxwell Ambris, Moderator: Kimira Snipe, OPS Board Member & Community Leader