

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 <ul style="list-style-type: none">• 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:	Time: 7:00pm - 8:15pm Topic: Grief	Series 2 When This...Then That: Exacerbated Effects and What To Do <ul style="list-style-type: none">• Pastor L.D. Richardson, Senior Pastor, Mount Zion Community Church• TBD, Grief's Journey• Betty Kola, PhD, CPC, LIMHP
Presenters:	Topic: Couples	
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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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		