

COPING WITH COVID

SESSIONS

6:30 — 7:30 PM

1 THINKING ABOUT THOUGHTS
11/30/20

2 MINDFULNESS
12/07/20

3 BUILDING RESILIENCE
12/14/20

Chance to win a raffle prize!

Certificates are available for those who attend all three sessions.

Join us for a three-part virtual training series for youth and young adults (ages 14-24).

Learn tools and strategies to manage the unexpected changes and uncertainties brought by the COVID-19 pandemic.

This fun, interactive, and free series will focus on building resiliency and coping techniques that can be easily added to busy lives.

Presented by:

Kristen Spencer, LICSW

Maggie Veiga, MEd, LICSW

From Social Sparks, a social emotional learning center.



<http://bit.ly/CopingCOVID-yac>