

MENTAL HEALTH & WELLNESS IN A TIME OF CRISIS

Hello to all of our Compeer friends,

We are living in uncertain times, and in times like these we must be more focused than ever to preserve and protect our mental health & wellness. We must also practice self-isolation and health guidelines to the best of our ability so that we can all remain safe and secure during this time of crisis. While these aspects of our life seem to contradict each other, hope remains! While our Compeer friends may not be able to visit face-to-face, we encourage our friends to stay in touch through phone call or video chatting if possible.

If you need continued guidance and help through this time, please do not hesitate to reach out to Compeer! We are there for you, and we will provide you with some useful resources to navigate this uncertain time. If you need immediate help, please call 911. For suicide prevention, call the Lebanon County Crisis at 717-274-3363 or Text at 741-741. The Veteran's Crisis Line is 1-800-273-8255.

Though the current situation is scary and can seem overwhelming, together we can make it through! We know that our Compeer friends are strong, and we are committed to helping them in any way that we can. Stay strong, and we will get through this together!

STAY SAFE EVERYONE!



COMPEER SOCIALS CALENDAR

April (All Socials are POSTPONED)

- April 16 1 – 2:30 PM
Lunch & Learn: Healthy Relationships w/ Mike Ritter
- April 18 All Day
Day of Caring POSTPONED
- April 24 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

May

- May 7 10 – 11 AM
Breakfast at Heisey's Diner
- May 21 1 – 2:30 PM
Lunch & Learn: Personal Budgets w/ Members 1st
- May 22 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

June

- June 6 11 AM - 1 PM
Compeer Picnic
- June 18 1 – 2:30 PM
Exercise Lunch & Learn w/ Jenna Rosenberg
- June 26 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

NOTE:

All upcoming dates for socials are tentative and subject to change. We will keep you updated if we need to postpone or cancel any upcoming socials for any reason. Your health and safety is our top priority; we want you to stay safe!

WHAT ARE COMPEER SOCIALS?

Each month Compeer hosts three socials for our volunteers and clients as a way to socialize and build a sense of community. These socials have flexible times and dates so make sure to check the calendar to the left for more information on them.

All socials are held at the Senior Community Center in Lebanon (710 Maple Street) unless otherwise noted.

RSVP to attend or for rides (Lebanon only) at 717-272-8317. Please try to give at least two days' notice.



April	May	June
Cathy F. 4/6	Chad S. 5/5	Brittany T. 6/2
Daniel B. 4/9	Joel B. 5/8	Maritza C. 6/2
Rosemarie R. 4/9	Donna H. 5/16	Kathleen M. 6/2
David J. 4/12	Allesandra S. 5/20	Elizabeth F. 6/4
Promise W. 4/13	David R. 5/21	Donna Joe S. 6/5
Andrew C. 4/15	Bret P. 5/25	Bethann B. 6/6
Chris N. 4/17		Logan R. 6/8
Ann M. 4/19		Shelli R. 6/9
Candace B. 4/20		Georgette B. 6/10
Portia M. 4/23		Cindy S. 6/10
Barbara F. 4/27		Jeff W. 6/16
Debra H. 4/29		Judith C. 6/21