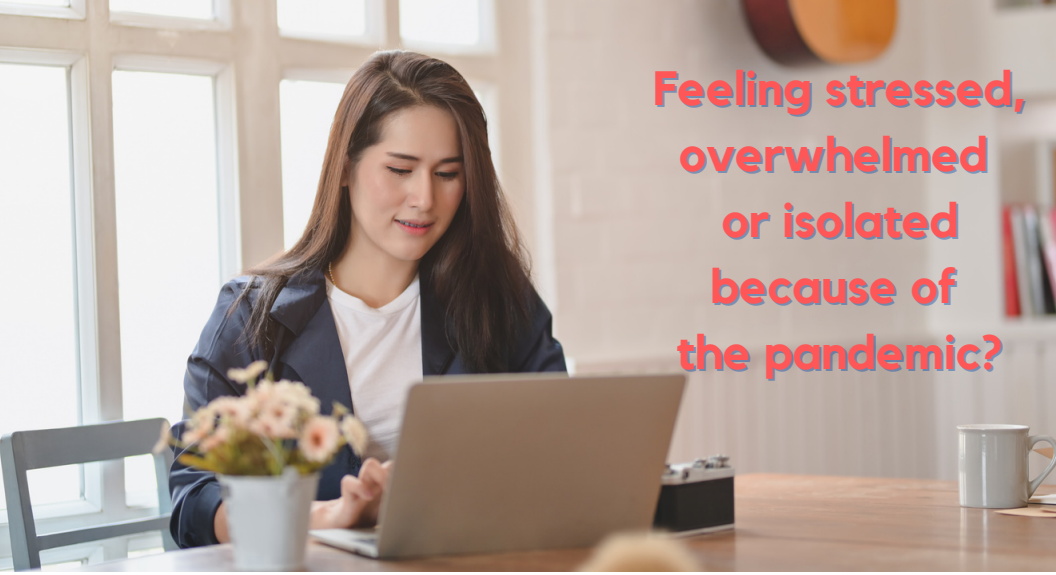


Feeling stressed, overwhelmed or isolated because of the pandemic?

Join online interactive sessions to share, listen & learn.

We will talk about concerns and losses.
Learn coping and wellness strategies.
Feel supported and less isolated.

Beginning the first Wednesday of each month through June
7- 8 PM

Sessions are free & open to the public.

Join any session through this universal link or call in.

Use link for all sessions

Call - 301-715-8592
Meeting ID - 876-969-43#

A new topic each week -

1st Wednesday - Managing Stress & Anxiety
Connect, share & find support managing emotions

2nd Wednesday - Taking Care of You
Develop practical self-care & wellness strategies

3rd Wednesday - Healing Beyond Loss
Discuss stages of grief, loss & healing

4th Wednesday - Moving Towards Hope
Learn about developing resiliency & a growth mindset

CHESCO LIFE PROGRAM
Family Support Services

This project is supported by the Chester County Commissioners in partnership with Chester County MH/IDD and ChescoLife.