

# Conversations for Connection

Thursday, September 10, 7-8pm

## ***Sleep in the Time of CoVID-19***

In chaotic times, sleep becomes victim to the anxiety, grief, and depression that inevitably come from change. Sleep is vital to our physical and mental health and in the face of a world of political, social, economic and psychological turmoil, sleep is something we can do to help ourselves be mentally and physically well.



**Richard C. Williams**, LCSW, is a psychotherapist and licensed clinical social worker and medical social worker. Rich is a therapist at Mental Health Partners in Broomfield, CO

