

# THRIVE WITH PRIDE: An Inclusive Online Cafe



## Presents: Mental Health in the Pandemic Era

In an era where so much is uncertain, many of us are encountering new anxieties and are in need of new ways to care for our mental health. Join AgeOptions and NAMI (National Alliance on Mental Illness) Metro Suburban for a conversation about mental health before, during and after the COVID-19 pandemic. Learn strategies to care for your own wellbeing and how you can help others with important community resources.



**LIVE On Zoom  
Tuesday,  
April 27  
11am - Noon**

Join by clicking or calling:  
<https://zoom.us/j/96661294106>  
Or dial (312) 626-6799  
(enter ID 966 6129 4106 at prompt)  
No registration required  
for this free event.



Thrive with Pride Cafes provide safe and affirming spaces for all older adults. Join a Thrive with Pride Cafe in your area for a follow-up discussion where you can share and receive support, learn more about local services and resources and discuss topics that matter.

For more information on this or past cafe presentations, links to recordings or to find a cafe in your area, see our NEW website [www.thrivingwithpride.org](http://www.thrivingwithpride.org) or email [kate.spelman@ageoptions.org](mailto:kate.spelman@ageoptions.org)



AgeOptions is the Area Agency on Aging of suburban Cook County. We are now proud recipients of the SAGECare platinum credential, signifying our commitment to LGBT+ inclusivity.

