



**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.

**Wednesdays**

**7 - 8 PM**

Beginning March 3 and continuing  
the first Wednesday of each month.

**All sessions are free & open to the public.**

**A new topic each week -**

**March 3 - Managing Stress & Anxiety**

*Connect, share & find support managing emotions*

**March 10 - Taking Care of You**

*Develop practical self-care & wellness strategies*

**March 17 - Healing Beyond Loss**

*Discuss stages of grief, loss & healing*

**March 24 - Moving Towards Hope**

*Learn about developing resiliency & a  
growth mindset*

Join any session through this  
universal link or call in.

[Use link for all sessions](#)



**ACCESS  
SERVICES**

Creating better ways to serve  
people with special needs



**CHESCO**

**LIFE**

Program

Family Support Services

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