



**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



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