

# COPING WITH COVID

## SESSIONS

6:30 – 7:30 PM

- 1 THINKING ABOUT THOUGHTS**  
11/30/20
- 2 MINDFULNESS**  
12/07/20
- 3 BUILDING RESILIENCE**  
12/14/20

Chance to win a raffle prize!

Certificates are available for those who attend all three sessions.

Join us for a three-part virtual training series for youth and young adults (ages 14-24).

Learn tools and strategies to manage the unexpected changes and uncertainties brought by the COVID-19 pandemic.

This fun, interactive, and free series will focus on building resiliency and coping techniques that can be easily added to busy lives.

**Presented by:**

Kristen Spencer, LICSW  
Maggie Veiga, MEd, LICSW

*From Social Sparks, a social emotional learning center.*



<http://bit.ly/CopingCOVID-yac>