

# Coping & Connecting During COVID-19

## FALL 2020 WORKSHOPS FOR LBCC FORMER FOSTER YOUTH STUDENTS

Facilitated By: Mental Health Clinician  
Brianna Reyes, LBCC



### ***Impact of COVID-19 on Mental Health***

Thurs., Oct. 8th, 2020

### ***Building My Connections***

Thurs., Oct. 22nd, 2020

### ***Maintaining Healthy Relationships***

Thurs., Nov. 5th, 2020

**Time: 2:30-3:30pm**

**<https://zoom.us/j/98239771478?>**

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**Zoom Meeting ID: 982 3977 1478**

***Learn about  
boundaries and ways  
to set healthy  
boundaries***

***Learn  
techniques on  
coping with  
intense  
emotions***

***Learn  
techniques to  
support your  
mental health***

***Learn tips on  
connecting with  
others while  
remote learning***