Healthy Viking Initiative Presents...

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?pwd=L0dXVUdlQ2Uwem5hZHFIMm41c1dRUT09
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