Managing Anxiety & Depression During COVID-19
April 2
Virtual Presentation
10:00-11:00

Join us for an educational experience with the opportunity to interact with a counselor from CPS. This is designed to begin providing you with knowledge in the healing process, awareness about your mood and to begin practicing these skills on your own.

Featuring Amy Dickinson, MS, Licensed Professional Counselor

We aim to help you understand:
• Causes and experiences of anxiety and depression
• How the COVID-19 crisis may contribute to anxiety or depression
• New approaches to managing anxiety and depression
• How the mind and body respond to mental distress
• Mindfulness exercise to help cope

RSVP to Emailed Invitation