

# **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**