



Stay Well Programming for January 2023 – **SAVE THE DATES!**

WORKSHOPS / WEBINAR SERIES

NEW WORKSHOPS

Notes to Self: A wellness series for teens and young adults

- Mondays at 7:15 p.m. starting Jan. 16. Learn more and register:
<https://us06web.zoom.us/meeting/register/tZlkduugqjkuE9TNzOvBCo5Edl3w9wtaAvw->

Helping teens cope with the “new reality”

- Saturdays at 1 p.m. starting Jan. 21
- Learn more and register:
https://us06web.zoom.us/meeting/register/tZcod-Cvrz0sHNC2o6kxHlc_atYdyWE5ETTI

CONTINUING WORKSHOPS

Coping with Grief and Loss

- Mondays at 6 p.m. starting Jan. 16. Learn more and register:
<https://us06web.zoom.us/meeting/register/tZMpf-6sqjoqG9NTH4DWkviACgw4gHGb8BQx>
- Wednesdays at noon starting Jan. 18. Learn more and register:
https://us06web.zoom.us/meeting/register/tZApdemsqDMiE9GuI3_jp9YcGJzZwC-5fbBh

Staying Well: An emotional health workshop for teens

- Saturdays at 2 p.m. starting Jan. 21.
- Learn more and register:
<https://us06web.zoom.us/meeting/register/tZAvfu-ppjkqGtaRY89wWndGCZ2-OzDYPHm8>

Creative Coping: an art-based workshop for kids and parents

- Wednesdays at 6 p.m. starting Jan. 18. Learn more and register:
<https://us06web.zoom.us/meeting/register/tZAocOmsrjwpHdS5sPzHBAC-MMXBtOMokrv1>

ONLINE DISCUSSION GROUPS

NEW GROUP

Support for living with Long COVID

- Meets every Thursday at 7 p.m., starting January 12
- Learn more and register:
https://us06web.zoom.us/meeting/register/tZYqdeiuqj8tH9bHutVvt_KReQbWInSXeh43



CONTINUING GROUPS

Support for those with SAD (Seasonal Affective Disorder)

- Meets every Tuesday at 6 p.m.
- Learn more and register:
<https://us06web.zoom.us/meeting/register/tZUsd-isrDwqHtfZhAVoluF1BKi9hE5OAB51>

TEEN TALK

- Meets every Wednesday at 4 p.m.
- Learn more and register:
https://zoom.us/meeting/register/tJcpcu6rqDooGdJDuHvQba3_y1TJc0BH3XU2

Be Kind to your Mind – Support for Everyone

- Meets every Monday at 7 p.m.
- Learn more and register:
<https://us06web.zoom.us/meeting/register/tZ0rfuGvpz0pHNVh6tO3Gs1WsxakOk6Cldh0>

Support for older adults

- Meets every Wednesday at 10 a.m.
- Learn more and register:
https://zoom.us/meeting/register/tJlsc-CrpjgJE9zPkQeVdPkTOWBCxSSV_TDa

Support for people who are grieving

- Meets every Tuesday at noon
- Learn more and register:
<https://us06web.zoom.us/meeting/register/tJEtcOqrqTMvHtbpZpEVn8VpaFk7Y4FBpRmz>