

CARING CONNECTIONS

During COVID-19 Transitions



TUESDAY, SEPTEMBER 28, 2021

10:00 am - 11:00 am

With recent updates about COVID-19 guidelines, transitions are again underway in schools, offices and throughout our lives. Whether you are looking forward to it or feeling a little uneasy about it, you are not alone.

Join us as we acknowledge that change, even if positive, can be stressful. Change is inevitable, and we want to share tips on how to adjust to shifts in our mental health and how to access opportunities for growth.

Register at bit.ly/3DvMkF6



**For more information please contact the
Community Mental Health Training Department:**

cmht@tricitymhs.org | (909) 784-3013

bit.ly/tcmhtrainings



 @TriCityMHS