



RED CROSS VIRTUAL RESILIENCE WORKSHOP

EVENT INFORMATION

Date:

Tuesday, May 12, 2020

Time:

3:30pm - 4:30pm EST

Registration Required:

<https://bit.ly/RedCrossWorkshop>

*Participants will receive an email with Zoom instructions after registering through Eventbrite.

Questions?

Contact Mallary Lass at mlass@eseal.org

COVID-19 has brought a wave of new challenges to most communities, including members of the military and veterans. To address these new stressors, the Cohen Clinic at Easterseals is partnering with the American Red Cross to offer an online, interactive workshop to help the military community manage pandemic-related stress and learn healthy coping methods. Workshop topics will include:

- ▶ **Defining stress and recognizing its impact**
- ▶ **Healthy communication during highly stressful times**
- ▶ **Learning relaxation exercises**
- ▶ **Setting goals for building wellness plans**
- ▶ **Getting healthy sleep**
- ▶ **Finding a positive perspective**

The Steven A. Cohen
Military Family Clinic
at Easterseals



**American
Red Cross**