



## FREE WEBINAR SERIES

# COPING DURING COVID-19: Caring for Yourself and Others in Uncertain Times

Tri-City Mental Health is hosting a weekly live webinar series in English and Spanish to share information, self-care strategies, coping skills and support during the COVID-19 pandemic.

### Tuesdays at 11am-12pm (English)

### Thursdays at 11am-12pm (En Español)

- May 5 [Adverse Childhood Experiences \(ACEs\)](#)
- May 12 [Stress Relief Playbook](#)
- May 19 [Suicide Prevention: Know the Signs](#)
- May 26 [Co-Occurring Disorders and Relapse Prevention](#)
- June 2 [COVID-19 in the Workplace](#)
- June 9 [Everyday Mental Health](#)
- June 16 [Motivational Interviewing](#)

- 7 de Mayo [Experiencias Adversos en la Niñez \(ACEs\)](#)
- 14 de Mayo [Libro de Jugadas de alivio del estrés](#)
- 28 de Mayo [Cultivando la resiliencia, esperanza y compasion durante la COVID-19](#)
- 4 de Junio [COVID-19 en el lugar de empleo](#)
- 11 de Junio [Salud Mental Diaria](#)
- 18 de Junio [Entrevistas Motivacionales](#)

Visit [www.tricitymhs.org](http://www.tricitymhs.org) to register for upcoming webinars and view past recordings



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