



Science of Stress: Offering Support During the Pandemic

VIRTUAL

Friday

November 6

11:00a.m. – 12:30p.m.

Eastern

REGISTER HERE!

With COVID-19 challenging our routines, we must adapt and continue to find ways to support our children. Many of us are struggling to adjust to the sudden changes brought about by the current pandemic we are experiencing.

As parents, mentors, and youth workers, it can be particularly difficult to help youth cope with the additional stressors we are now experiencing.

Join us for this experience as we:

- understand how stress affects the brain and body, with specific focus on the impact of the current pandemic and related ramifications; and
- learn and gain insights for stress management techniques and considerations during this time of societal stress.

Speaker

Jessica Hanna

Professional Mental Health Trainer
Mental Health America of Northeast Indiana

Jessica Ryan

Mental Health Educator
Mental Health America of Northeast Indiana

Community Partners

Stayin' Alive

United Way of Franklin County