

Cornerstone of Hope presents:

Pandemic Hope & Resilience Workshops

Sponsored by Mental Health & Recovery Services Board of Allen, Auglaize & Hardin Counties

Virtual Workshop - Saturday, Nov. 21st, 9AM-10:30AM

Virtual Workshop- *“Through the Holidays”* edition - Thursday, Dec. 3rd, 6PM-8PM

Practical tools and ideas will be given to help manage expectations, family dynamics and shifts in holiday traditions due to the pandemic

Virtual Workshop- Monday, Dec. 21st, 9AM-10:30AM

Cost for each workshop: FREE

This pandemic has touched everyone’s life in some way. The ripple effect has impacted job security, emotional and mental health, relationships, experiences, memories, celebrations, faith, and more. And the prolonged stress of the uncertainty is taking a toll. However, there is hope! We are equipped with incredible minds and tools to use to help rein in our thoughts and take action steps that positively impact our mental, emotional, physical, and spiritual health. We are created to be resilient and to live with hope!

Cornerstone of Hope Lima invites you to take part in our Pandemic Hope & Resilience Workshop which will include the following:

- ✦ *Provide psychoeducation regarding the impact of psychological stress and loss as a result of the pandemic*
- ✦ *Assist participants in self-awareness of losses, stress symptoms, and emotions*
- ✦ *Equip participants with practical skills for healthy coping and healthy thinking, maintaining routine and productivity, being intentionally connective, recognizing strengths, utilizing gratefulness, and implementing forward thinking through a resilient mindset*
- ✦ *Understanding how each individual has been equipped to be resilient and live with hope!*

*Each participant will create a personalized “My Pandemic Hope & Resilience Plan” during the workshop to reflect on tools and techniques they are equipped with as we walk through this pandemic

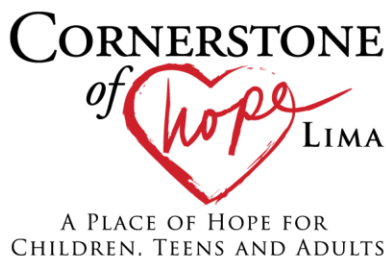
“So many great tips/strategies to use personally, in our family and the workplace-or anywhere!”
-Workshop Attendee

“Can utilize what I learned [even] after the pandemic!” - Workshop Attendee

Registration:

Online at Cornerstoneofhopelima.org under “Family Workshops”

For more information or questions, call 419-581-9138 or email micah.moore@cornerstoneofhope.org



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