



PROGRAM WEBINAR: Coping with the Holidays & Staying Positive during this challenging time

This webinar is for everyone!

When:

**November 19, 2020
2:00pm**

Where:

Zoom Viewing

To Register go to:

<https://www.agingtogether.org/upcoming-programs.html>

- Scroll to the program description and click on the registration button
- You will receive Zoom link info by return email once you register. Be sure to check your email!

This Event is Free.

In partnership with
Culpeper Baptist Church



Our Presenter:



Reverend Tom Schafer

Rev. Schafer (M.Div., NCC) is a Nationally Certified Counselor providing professional and affordable counseling in Orange County. He oversees WorthMore Counseling, a faith-based non-profit, offering affordable mental health to underserved persons. Tom also directs counseling at Living Water Community Free Clinic. He has 40 years of pastoral experience, including 20 years as Senior Pastor of Lake of the Woods Church.

The holidays are a time we normally look forward to rest and refreshment with family and friends. This year the holidays present new challenges that cause restricted family gatherings and social activities in a time when many people are already seeking counseling for anxiety and depression. This program focuses on ideas for thriving during the pandemic and especially the holiday season.