



SUMMER CAREGIVER SERIES

COVID Trauma & Recovery

The 3rd session in the Summer Series speaks to the trauma of COVID and how to cope with, and heal from the effects of the pandemic.

When:

July 13, 2021

10:00am-11:00am

This Event is Free.

To Register:

Click Here:

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

Or go to www.agingtogether.org and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

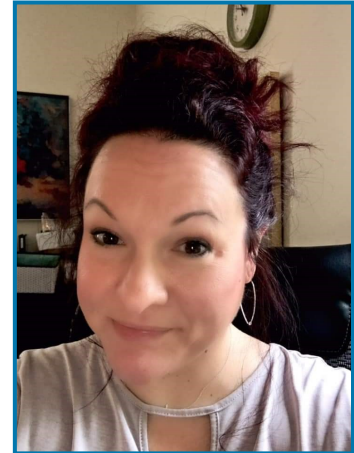
For all family & professional caregivers.



The Harbor at Renaissance

A Legacy Senior Living Community

Presenter:



Danielle Lee-Powell

The pandemic has disrupted and affected our social connections, work and family lives, daily routines, sense of security and the overall predictability of the world around us. The ongoing chaos has made it difficult to fully honor and acknowledge our many losses. These are all preconditions of trauma. Join us as we begin a collective healing journey where we will share and discuss ways to grow together & heal while building a toolbox of small but meaningful coping skills to help us manage and navigate this challenging time.

Danielle is a grief counselor and social worker at Legacy Hospice.