

SAVE THE DATE

The Effects of COVID-19 on Mental Health Workshop Series - Part Two



Source: <https://www.myamericannurse.com/caregiving-for-a-family-member-can-be-difficult/>

The COVID-19 pandemic has had a tremendous impact on our lives. Many are struggling with stressful situations, feelings of isolation and depression. This workshop series will provide participants the opportunity to understand the mental health crisis in CT. Presenters will share lessons learned, discuss how the pandemic has effected the target groups, inform of the available mental health resources in the state, and provide guidance on how to access mental health services.

This is part two of a three-part workshop. This workshop will focus on the effects the pandemic has had on mental health in the elderly.

Registration is required.

When: Friday, October 29, 2021

Time: 9:00 – 11:00 a.m.

Focus: Elderly

Presenters:

Marie Allen, SWCAA

Vivian Argento, MD, Bridgeport Hospital/NEMG

Sue Pfister, Westport Center for Senior Activities

Christina Crain, Stamford Senior Center

Marc Hartog, Westport EMS

Laurene Gomez, DMHAS

This is a Zoom Meeting. Please register by October 25, 2021.

To register, click the link below.

<https://us02web.zoom.us/meeting/register/tZlucuiqD4rHdVqM-IZ2DdAmKwg8QY1YIQk>



Save the Date for Workshop 3

Workshop 3 will focus on working parents. The meeting is currently being planned for early November.



Public Health
Prevent. Promote. Protect.