

## Coping with the COVID-19 Crisis

### Managing Mental Health and Building Resilience

#### A Hands-On Workshop for Leaders and Their Teams

Living in the time of COVID, many of us are dealing with uncertainty, fear, grief and anxiety. These intense emotions, coupled with our forced social isolation, are challenging our mental and physical health.

In this workshop, counsellor and consultant Deena Chochinov offers accessible information and the latest research on these mind-body effects, and provides simple, practical and actionable tools to recognize, manage and relieve the strains on our mental health.

Deena also proposes effective practices for communicating with colleagues, staff and clients who are coping with these stresses, while maintaining one's own personal resilience throughout the pandemic's duration. Participants are invited to ask questions and share comments afterward.

Information sessions are 60-90 minutes and offered via Zoom. Each session is tailored to the needs and size of the team.