

Managing Physical and Emotional Reactions to COVID

Join the Colorado Spirit Team as we share tools to help understand, manage, and reduce stress and anxiety due to long-term COVID Symptoms. We will also assist in developing coping strategies and share connections to long-term mental health services and community resources.

Tuesdays March 30th, April 6th, and April 13th

12 pm

840 7631 0080

<https://mindspringshealth-org.zoom.us/j/84076310080>

Colorado Spirit is a FEMA-funded recovery program to provide disaster survivors with community-based outreach, stress and resilience education, and connection to mental health and other community resources. For more information visit MindspringsHealth.org/Colorado-Spirit-Initiative



FEMA

Scan QR code for more information on services and support offered by Colorado Spirit or visit MindspringsHealth.org/Colorado-Spirit-Initiative