

# Coping with the COVID-19 Crisis: Controlling What you Can When Things Feel out of Control



Many of us have spent the last several weeks adjusting to changes resulting from the COVID-19 crisis, school closures, working from home, court continuances, and virtual visits just to name a few. Sometimes adjusting to change and uncertainty can feel overwhelming.



YOUR  
EMOTIONS  
ARE VALID.

EMM  
ROY

Parents in drop off line  
The night before schools  
Open back up...



Family devastated when pet  
chews up life savings



Join us for a **FREE** webinar for Resource families, parents and caregivers on how to cope with COVID-19.

Learn practical tools on how to:

- Manage stress and anxiety
- Navigate conversations with kids on social distancing and COVID-19
- Cultivate safety for the kids in your home
- And find your new norm

**Facilitated by: Alyssa Najera, LCSW**



Date: Tuesday, May 5, 2020

Time: 4:30 PM – 6:00 PM

Location: Live Webinar



Please register at [www.smalltowncounselingca.com](http://www.smalltowncounselingca.com) and follow the link on the homepage.

If you have questions please contact Danielle Brouillette,  
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