



*Presents:*

# **Coping During COVID**

*Wednesday July 22, 2020 12pm - 1pm*



**Cuyuna Regional Medical Center**  
Psychologist Kristin Furan, Psy.D.

*Join Psychologist Kristin Furan virtually to connect with others throughout the community who are concerned, having questions, feeling lonely, or want to be educated on how to cope with COVID 19.*

## **Who should attend:**

Any adult community member who has experienced or knows someone who has experienced stress, anxiety, and deepened social isolation during the COVID -19 pandemic, health care leaders, caregivers of an older adult, nursing students, social work students, and others who have interest.

## **What to expect from the presentation:**

- Identify 10 healthy coping tips to deal with stress during COVID.
- Receive support and share ideas with fellow community members on coping effectively with the pandemic.

## **How do I attend virtually:**

The virtual room will be open at 11:45am,

### **Join using this link:**

<https://us02web.zoom.us/j/81642816863?pwd=K3JWWjBoMzduZjN1SUJ5SnBSZE1yZz09>

### **Join by calling in using this phone #:**

(312) 626 6799 **Meeting ID:** 816 4281 6863

**Password:** 417402

## **I am concerned about how to use the technology for being involved in the meeting, what should I do?:**

Use the following link to learn how to download Zoom: [How to ZOOM!](#)

**Questions:** Please submit in advance by Monday 7.20.2020 to **Cuyuna Area Connections Coordinator Cassie Carey** at 218.821.6975, or e-mail at [careyconsulting34@gmail.com!](mailto:careyconsulting34@gmail.com)

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*Cuyuna Area Connections seeks to remove boundaries, build networks, and provide education to sustain independence for our aging community members and caregivers.*

*If you want to learn more about how you can join in their efforts contact Coordinator Cassie Carey!*