

Learning to Cope with COVID Life: Special Sessions with Jewish Family Services

**February 4th at 8:30 p.m.
Helping Children Cope with Pandemic Life**

**February 11th at 7:30 p.m.
Coping Strategies for Older Adults**

As the COVID-19 pandemic stretches on, many of us are feeling the strain of isolation and the stresses of pandemic life. Jewish Family Services will guide us through some strategies to cope with COVID and isolation in two separate sessions.

On February 4th at 8:30 p.m. we will have a session for parents of young children on helping children cope with pandemic life. Mary Tarbell, who is a Licensed Professional Counselor and a Registered Play Therapist, will lead that discussion. We hope these sessions will help you and your family find comfort and strength in this difficult time.

On February 11th at 7:30 p.m. Marjorie Koch will talk about coping strategies for older adults. Marjorie is an Outpatient Therapist, with a specialty in working with adults and seniors.

**Click image to RSVP, or contact Patty Brown for any questions
717 232-0556 patty@bethelhbg.org**