

STRESS MANAGEMENT DURING COVID-19

*A webinar exclusively for the
Rialto Unified School District*

The Counseling Team International will be doing a live webinar on Stress Management During COVID-19!

During this challenging season, as we all navigate through this public health crisis, the fear and anxiety that grows can be overwhelming and cause strong emotions. As we deal with uncertainty, it is important that we practice self-care techniques to ensure we manage to get through our day. This course will provide participants with tips on practical ways to cope, help our children and family manage their stress, and skills to remain resilient during these uncertain and stressful times.

Wednesday, October 14th, 2020
from
3:00 PM to 4:15 PM

The Counseling Team International



Zoom
information on
the back



The Counseling Team Int'l (TCTI) is inviting you to a scheduled
Zoom meeting.

Topic: Stress Management During COVID-19

Time: Oct 14, 2020 03:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/85385678010?
pwd=ZDg3TFpCTWpsTndvQ2ovRzFIRHJmUT09](https://us02web.zoom.us/j/85385678010?pwd=ZDg3TFpCTWpsTndvQ2ovRzFIRHJmUT09)

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