



## APRIL 17TH 1:30-2:30PM TAKE TIME TO BREATHE DURING THESE CHANGING TIMES



### Session:

We find ourselves dealing with a new type of grief and loss with COVID-19...changes in our lives as people, employees and caregivers. This can create expected (and unexpected) levels of anxiety and other mental health issues. Learn some practical strategies to deal with stress to be the best version of you during these times.

### Learning Objectives:

- Discuss how the situation with COVID-19, social isolation and quarantining creates grief and loss.
- Discuss and be able to implement practical strategies to be able to implement as a result of changes in your environment
- Learn easy and practical strategies to be able to support mental wellness for you and those who you care for

### Speakers:

Dr. Wanda Polzin has over 25 years of counselling and clinical experience working with children, youth and families across various domains including Health/Mental Health and Addictions.



**TARGET AUDIENCE**  
Anyone, caregiver or parent who finds themselves struggling with increased anxiety, mood issues, frustration, sadness.

TO ACCESS THIS SESSION FROM AN AUDIO LINE DIAL 1-833-362-3684  
CODE 14001#

VISIT THE FIRST NATION PORTAL AT [WWW.FNTN.CA](http://WWW.FNTN.CA) TO REGISTER FOR THIS SESSION

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