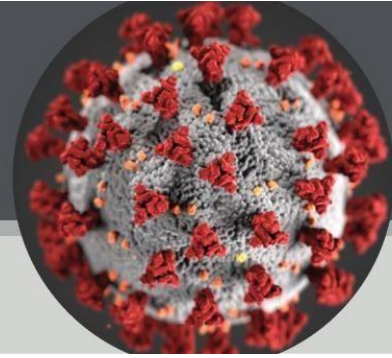


Information & Resources

CORONAVIRUS (COVID-19)

LeadingAge[®]
Minnesota



COVID-19 Coping Room – Building Your Own Resilience Roadmap Webinar

Monday, October 12, 2020
1:30 – 2:30 p.m.

Purpose

Being stressed out is a natural reaction to the extraordinary situation we find ourselves in with COVID-19. If you could use help with stress management and healthy coping skills, LeadingAge MN Foundation is partnering with Dr. Alyson VanAhn from Associated Clinic of Psychology to offer free 60-minute COVID-19 Coping Room. This webinar is designed for any level of senior care staff to help recognize individual signs of stress, review healthy coping strategies, and build a personalized Resilience Roadmap to consult at the pandemic goes on.

Learning Objectives

- Review the phases of coping with a stressful event like COVID-19 so you have a clearer sense of where you might be in your journey.
- Recognize common reactions to stress you might be experiencing
- Learn how to take your own “stress” temperature.
- Develop your own Resilience Roadmap as a tool for finding COVID-19 stress relief.

Suggested Audience: Adult Day Services, HWS/AL, Care Centers, and Home Care

- Direct caregivers
- Clinical Staff
- Supervisors and managers
- Leaders
- Other interested staff

Presenter

Alyson VanAhn PhD LP, Psychologist, Associated Clinic of Psychology and COVID-19 Staff Coping & Support Hotline Lead, Minneapolis. This webinar is funded by a LeadingAge MN Foundation grant through the Minnesota Department of Human Services.

Registration

There is no cost to participate in this LeadingAge Minnesota webinar Please [click here](#) to register.

Closer to the webinar you will receive the handout and another reminder on the link to participate. CEUs are not available for this webinar. Questions: Contact [Ashley Rogers](#).