



Resources
to help you

process, recover and renew
from the trauma of COVID-19



Individuals

Mental Health First Aid Training: to identify & help people in crisis through national certified curriculum.

Coaching Calls: to provide confidential support from mental health professionals through Associated Clinic of Psychology. www.leadingagemncoaching.com

Peer to Peer Vaccine Ambassador Program: to improve vaccine uptake of staff and training peers on active listening. www.leadingagemncoaching.com/vaccine-hesitancy/



Teams

Processing Grief & Loss: to help people acknowledge the losses from COVID through small group coaching with Associated Clinic of Psychology. Contact Terri at: tfoley@leadingagemn.org

Small Group Resiliency Coaching: to provide access to free professional mental health professionals with Associated Clinic of Psychology. Contact Terri at: tfoley@leadingagemn.org



Whole
Community

Living the Pledge - Self Care for Safe Care: to bring joy & positivity back to people using scientifically based Bounce Back™ activities. Bi-monthly fun activities at [Living the Pledge](#).

Chronic Stress Management Tools & Resources at www.leadingagemncoaching.com