

YOUR COVID TOOLBOX: HELPING ADULTS & TEENS COPE IN CRAZY TIMES



Two virtual workshops on Tuesday, January 19

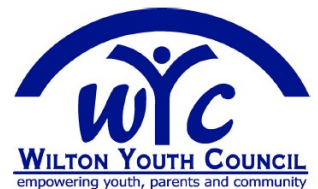
Adults (ages 18+)

10 - 11 am

Students in grades 6 - 12

4 - 5 pm

Has the past year got you feeling stressed, anxious, not sleeping well or over-indulging? Join **Matt DeBernardis**, Resilience Trainer from Silver Hill Hospital, for two separate interactive online workshops and gather some tools to help you cope during the winter months of the pandemic. Matt has a degree in Psychology and Sport Psychology. His background includes training U.S Army soldiers and their families in resilience and psychological skill building. **Registration is required and space is limited.** A Zoom link will be sent the day before the workshop. Sponsored by **Wilton Library, Wilton Youth Council, Silver Hill Hospital, Wilton Social Services** and **Kids in Crisis**. Visit www.wiltonlibrary.org for program details and to register for one of the individual sessions.



WILTON LIBRARY



To register: www.wiltonlibrary.org and click on "Events"