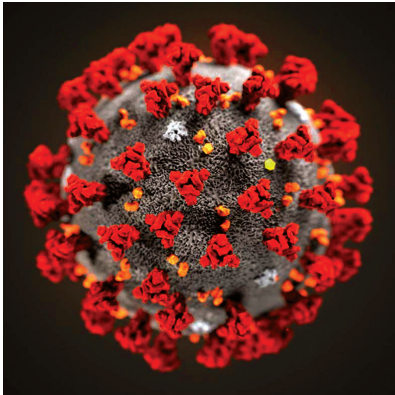


“Coping in the Time of COVID”



As we all take precautions to keep ourselves and loved ones physically safe amid the COVID-19 pandemic, mental health experts also advise us to be mindful of our emotional well-being. It is not uncommon for people to experience feelings of anxiety, helplessness, depression and isolation during these challenging times.

One way to better manage these feelings is to understand the emotional aspects of the pandemic. That's why West Deerfield Township is planning **“Coping in the Time of COVID,”** a virtual panel discussion bringing together experts for a frank conversation about our mental health. Panelists include Hugh Brady, past president of the Illinois Chapter of the National Alliance on Mental Illness, Rosalba Diaz, educational outreach coordinator for A Safe Place (domestic violence), and Elizabeth Thielen, senior director for Nicasa Behavioral Health Services (gambling and substance abuse). Jacob Royko of the Josselyn Center will act as moderator.

Panelists will discuss COVID's emotional effects on the individual and the entire family, and share strategies and resources to deal with these emotionally challenging times. Although the panel discussion will be virtual, viewers will be able to submit questions and provide comments via an electronic chat option. The panel discussion will be Tuesday, December 8 at 6:30 P.M.

www.westdeerfieldtownship.org

[Click Here for Discussion Registration](#)