## Coping with COVID

Friday, July 24, 2020 11:00AM to 12:00PM





## It's Free! Make Your Reservation Today!

The pandemic makes many of us feel isolated and vulnerable. Let's explore ways to practice self-care, stress management and connecting with others so we can move forward with friends and family. Join us safely and socially via Zoom!

## Register today to join us for this special Zoom video conference. It's free!

To register, email foreverdublinhub@syntero.org or call 614.889.5722 ext. 810. Please register by Wednesday, July 22.



Forever Dublin is a partnership between the City of Dublin and Syntero aimed at providing resources for residents to make Dublin their forever home.