



NewBridge Services is proud to offer a
FREE community webinar:

**Maintaining Emotional Wellness
During the COVID-19 Pandemic**
Skills to reduce stress and build resilience

Monday, September 28, 2020



6:30p.m.

The webinar will cover:

- *Mental health and substance abuse facts/figures
- *Effects of the pandemic on behavioral health
- *Effects of the pandemic on youth and families
- *Ways to cope
- *Returning to school
- *Resources

Join NewBridge Service for this informative event, which includes a Q&A session. Register [here](#).

Hosted by NewBridge staff members:

Beth Jacobson, director of Community Response and Education
Derk Replogle, director of Addiction Services

Participation is limited; Registration is required.