



COVID – 19 Informational Webinars and Support Group Schedule for the Week of May 11th

Date and Time	Title	Registration
Monday 05/11/20 12 pm EST	Motivation Monday: Cultivating Mindfulness Amidst the Chaos	Register Here
Tuesday 05/12/20 12 pm EST	FOR LEADERS: Preparing for the Return to the Office	Register Here
Wednesday 05/13/20 12 pm EST	Embracing Our New Normal	Register Here
Thursday 05/14/20 12 pm EST	Therapist Talk: Q&A About Coping with Anxiety Related to Returning to the Workplace	Register Here
Thursday 05/14/20 1 pm EST	Virtual Support Group: Practicing Self-Care and Managing Stress During the COVID – 19 Outbreak	Email: Meghanbeck@nationaleap.com *Please note that this session is limited to 15 members
Friday 05/15/20 11 am EST	Virtual Support Group: Practicing Self-Care and Managing Stress During the COVID – 19 Outbreak Essential Workers ONLY Group	Email: Meghanbeck@nationaleap.com *Please note that this session is limited to 15 members
Friday 05/15/20 12 pm EST	Live Virtual Meditation	Register Here

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

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