LUNCH & LEARN

Connect with others virtually & get skills to cope during COVID-19
October Series

Students with Disabilities Support

(10/12 - 11/9) Mon 12:30-1:30 pm
CLICK HERE TO RSVP
Allison Banbury & Alex Agiliga

Having a disability and/or chronic health conditions can be particularly challenging and isolating during the pandemic. This will be a place of support for those who can relate to the unique struggles, obstacles, and resilience of students who identify as having a disability and/or chronic health condition.

Coping with Covid Support Group

(10/8 - 11/13) Thur 12:30-1:30 pm
CLICK HERE TO RSVP
Kelly Ozambela & Sanil Mayikunnel

Received a recent positive diagnosis or just found out you were exposed and in quarantine? This is a space to connect with others who also self-identify as also being diagnosed or exposed, and needing to find a place for support and ways to cope with quarantine and as well as the uncertainty that comes with COVID.

Coping with the New Normal

(10/2 - 11/4) Fri 12:00-1:00 pm
CLICK HERE TO RSVP
Mary Anne Lacour & Sandra DiBitetto

Coping with the uncertainty that the pandemic brings can be tough. This group will offer a place of support and learning of coping skills to help adjust and thrive during these challenging times.

Contact us at 302-831-2141 or visit our website for more info about our Lunch and Learn series. Keep a look out monthly for new topics!