LUNCH & LEARN

Connect with others virtually & get skills to cope during COVID19 September Series

Connecting During Covid
(9/7 - 9/28) Mon 12:30-1:30 pm
CLICK HERE TO RSVP
Allison Banbury & Alex Agiliga
Connect with others who are also struggling to make friends while navigating social distancing. Learn ways to cope and skills to enhance your friendships with others during this difficult time.

Navigating Living with Others
(9/10 - 10/1) Thurs 12:30-1:30 pm
CLICK HERE TO RSVP
Kelly Ozambela & Sanil Mayikunnel
A space for support and learning strategies for better communication and creating healthy boundaries around living with others while navigating the restrictions and challenges of a pandemic.

Coping with Remote Learning
(9/11 - 10/2) Fri 12:00-1:00 pm
CLICK HERE TO RSVP
Mary Anne Lacour & Sandra DiBitetto
Learning remotely is difficult. A place for support, resources, and strategies on coping with a new way of learning.

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!