

# Managing the Flood of Emotions Brought on by a Pandemic

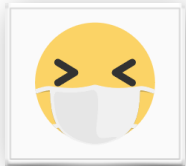
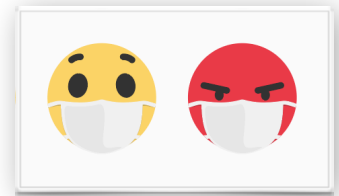
## *A Two-Part Webinar for the Community*

COVID-19 has turned our world upside down and brought with it a complex mixture of emotions. We are overwhelmed, vulnerable, and frightened, to name a few. Join us and learn how to navigate these uncertain times and protect your mental health.

### Part 1: Helping Adults Cope

Wednesday, April 15, 7:30pm-8:30pm

Register here to receive Zoom link.



### Part 2: Supporting Our Children's Ongoing Needs

Wednesday, April 22, 7:30pm-8:30pm

Registration for Part 2 to be announced.



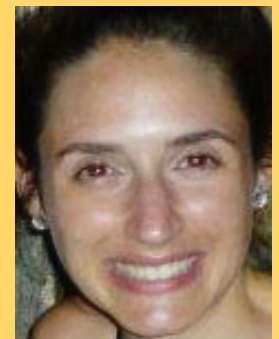
### Speakers provided by Compass Health Center



**Tracie Pape, LCSW**  
Trauma Program  
Therapist



**Dr. Alex Timchak**  
Child, Adolescent & Adult  
Psychiatrist



**Natalie Gela, Ph.D.**  
Trauma Program  
Associate Director

