

Start Your New Year with Some Support



Join EMPACT-SPC, a Resilient Arizona provider, for these FREE workshops and groups for Arizona residents to get the emotional support and coping skills you need to handle pandemic life challenges.



JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 ■ 2-3PM: Mindfulness for Everyone	5	6 ■ 4-5PM: Mindfulness for Teachers	7	8 ■ 10-11AM: Mindfulness for Seniors
11 ■ 2-3PM: Mindfulness for Everyone	12	13 ● 10-11AM: Chat Circle for Seniors ■ 4-5PM: Mindfulness for Teachers	14 ▲ 12-1PM: Surviving Grief Workshop	15 ■ 10-11AM: Mindfulness for Seniors
18 ■ 2-3PM: Mindfulness for Everyone	19	20 ● 10-11AM: Chat Circle for Seniors ■ 4-5PM: Mindfulness for Teachers	21 ● 12-1PM: Surviving Grief Chat Circle	22 ■ 10-11AM: Mindfulness for Seniors ▲ 12PM-1PM Tips to Handle Pandemic Stress
25 ■ 2-3PM: Mindfulness for Everyone	26 ▲ 6-6:45PM: Parenting During a Pandemic	27 ● 10-11AM: Chat Circle for Seniors ■ 4-5PM: Mindfulness for Teachers	28 ● 12-1PM: Surviving Grief Chat Circle	29 ■ 10-11AM: Mindfulness for Seniors

▲ Workshop ■ Skills Group ● Chat Circle

Led by Experienced
Mental Health Professionals

Supportive and
Educational

Offered through
Online Video

Free and Confidential

Got Questions? Need Assistance Registering?

Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.



The mission of Resilient Arizona Crisis Counseling Program (CCP) is to assist individuals and communities in recovering from the psychological effects of the Coronavirus pandemic through community-based outreach, emotional support and educational services. Visit resilientarizona.org for further information.

This publication was made possible by Grant number FEMA-4524-DR-AZ. The views expressed in these materials do not necessarily reflect the official policies or contractual requirements of the Arizona Health Care Cost Containment System (AHCCCS), Department of Health and Human Services, and Department of Homeland Security; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

January 2021 Workshop and Group Registration Information

▲ Workshop ■ Skills Group ● Chat Circle

● **Chat Circle for Seniors:** In this 4-week group, you'll get to connect with other seniors and get support from peers and a professional facilitator. Limited to 8 people. **For:** Seniors (age 55+). **When:** Wednesdays from 10AM-11AM, January 13, 20, 27, February 3. **Register:** Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.

■ **Mindfulness for Everyone:** In this 4-week group you'll get to connect with others and participate in activities designed to help you relax. **For:** Adults. **When:** Mondays from 2PM-3PM, January 4, 11, 18, 25. **Register:** [Click here](#) or use this URL: [https://zoom.us/meeting/register/tJErceMrrTorGdJSnxUmePbjYXC-JBGM0iE9](https://zoom.us/join/joinMeetingUrl?url=https://zoom.us/join/joinMeetingUrl?url=https://zoom.us/meeting/register/tJErceMrrTorGdJSnxUmePbjYXC-JBGM0iE9)

■ **Mindfulness for Seniors:** In this 4-week group you'll get to connect with other seniors and participate in activities designed to help you relax. **For:** Seniors (age 55+). **When:** Fridays from 10AM-11AM, January 8, 15, 22, 29. **Register:** [Click here](#) or use this URL: <https://zoom.us/meeting/register/tJckd-igrz8oHNzngF9jWPaGKKGOxvsVkdSi>

■ **Mindfulness for Teachers:** In this 4-week group you'll get to connect with other teachers and participate in activities designed to help you relax. **For:** Teachers. **When:** Wednesdays from 4PM-5PM, January 6, 13, 20, 27. **Register:** [Click here](#) or use this URL: <https://zoom.us/meeting/register/tJcof-6rqjvH90Tx9HXFP51VWfw2aGHGxRe>

▲ **Parenting During a Pandemic Workshop:** In this workshop, you'll learn strategies for parenting children of all ages, how to identify signs your child(ren) may need more support, and tips for how to handle your own stress so you can be an even better parent. **For:** Parents. **When:** Tuesday, January 26, 6PM-6:45PM. **Register:** [Click here](#) or use this URL: <https://zoom.us/meeting/register/tJEfuCorzWuHtiYdZgroz9-1lipLPCDhPJl>

● **Surviving Grief Chat Circle:** In this 4-week group, you'll get to connect with others experiencing the loss of a loved one (through death) and get support in your grief from peers and a professional facilitator. Limited to 8 people. **For:** Adults experiencing grief from losing a loved one. **When:** Thursdays from 12PM-1PM, January 21, 28, February 4, 11. **Register:** Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.

▲ **Surviving Grief Workshop:** In this workshop, you'll learn ways to manage grief for different losses (death of person, death of pet, illness, separation, transition, etc.). **For:** Adults experiencing grief of any loss. **When:** Thursday, January 14, 12PM-1PM. **Register:** [Click here](#) or use this URL: <https://zoom.us/meeting/register/tJUrcOqprDMsHNbnLXDF6yg0OqZDPI5rxfx>

▲ **Tips to Handle Pandemic Stress:** In this workshop, you'll learn about how stress may be affecting you, ways to manage your stress, and what resources are available to get more support. **For:** Adults. **When:** Friday, January 22, 12PM-1PM. **Register:** [Click here](#) or use this URL: <https://zoom.us/meeting/register/tJMvfuGuqjoiE9MrASIT3nYPIvnh10fPSWiL>

Workshops and Groups offered each month through May 2020 to help support Arizonans in building resilience during these pandemic times.

February Calendar...Sneak Peek...

- Mindfulness for College Students
- Mindfulness for Healthcare Workers
- Parenting Skills Group
- Tactical Tips to Disarm Your Stress (for First Responders)

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