CULTIVATING COMMUNITY **WELLNESS**

Resources

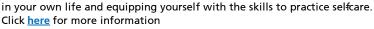
Feeling Stressed? Tired? Unable To Cope?

Check out these resources...

Red Cross Self-Care & Wellness

Online Module + Virtual Workshop

• This course is about anticipating stress and crisis



• Register via the Course Registration System (Choose Corporate + Date)

Click here for more self-care resources on connec



Not Sure How To Connect **People Supported With** Families & Community?

Watch this Cultivating **Community Wellness Webinar**

> **Building Bridges Between Families** & Staff as we move through the pandemic





ADULT INTELLECTUAL & DEVELOPMENTAL DISABILITIES

Below is a list of possible topics:

- 1. Our Wellness and Self-Care
- 2. Aging and Dementia
- Understanding and Addressing Trauma 3.
- 4. Revisiting Mental Health and Wellbeing **During the Pandemic**
- 5. Grief & Loss Practical Strategies
- Learning from Self-Advocates and Families 6.



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