

COLORADO SPIRIT

Social Hour



Twice a week! Join Us!

WHAT: Join us for a weekly Colorado Spirit Social Hour. We know how isolated you feel and we want to support you! Hop online and tune into an hour of tips and activities related to coping with COVID-19.

WHEN: Weekly! Mondays at 10 a.m. and Thursdays at 2 p.m. Lasts about an hour. New topic each week!

COST: FREE!

HOW TO INTERACT: To kick-off each social hour, we will lay out some ground rules and etiquette. You choose your level of participation, whether you are “all in” with video and audio or just audio. Relax, we hope to make it as comfortable as possible.

YOUR HOSTS: Annah and Becky are part of your Larimer County Colorado Spirit team. Colorado Spirit is a FEMA-funded counseling/support service for Colorado. We are called a support line, resource line and sometimes a hope line! We are traditional mental health providers who do not diagnose people or treat mental illness. Instead, the counselors are a combination of mental health professionals and paraprofessionals.

HOW TO JOIN: Social hours are done via Zoom. Please download the free app to your phone or software to your desktop then use the link below.

<https://summitstonehealth.zoom.us/j/95940342218>

Please email colospirit@summitstonehealth.org for assistance logging on.



TOPICS!

November 9 & 12
OLDER ADULTS
Staying connected, managing stress/anxiety and safety tips.

November 16 & 19
PARENTS
Family self-care, sharing activity for kids, and normalizing changes as a family.

Nov. 30 & Dec. 3
LGBTQ
Intersection of COVID-19 and LGBTQ, safe space and discussion and community resource sharing.

December 7 & 10
GRIEF & LOSS
Coping with loss, stages of grief, and link to resources.

December 14 & 17
COPING WITH COVID THE HOLIDAY EDITION
Boundary setting with family and friends, celebrating during the new normal and fair fighting rules.

January 4 & 7
RINGING IN THE NEW YEAR
Post-holiday blues, self-care for colder months and taking the pressure off New Year resolutions.

January 11 & 14
SUBSTANCE USE
Substance use during a pandemic, triggers/ coping skills and community resources.