



Missing Moments

This three -part series is designed to create the opportunity for supportive conversations among those whose access to their loved ones in long-term care facilities has been restricted by COVID-19.

These weekly open discussions will be facilitated by a licensed clinician via Zoom. **Choose the session most convenient for you from the following dates/times:**

Balancing Emotional and Physical Well-being: Risks and Options

Registration is required; please call 919.719.7199.

September 14 (Monday)	6:00–7:00pm
September 15 (Tuesday)	3:00–4:00pm
October 12 (Monday)	6:00–7:00pm
October 13 (Tuesday)	3:00–4:00pm

Managing the Stress of Separation and Sharing Coping Strategies

Registration is required; please call 919.719.7199.

September 21 (Monday)	6:00–7:00pm
September 22 (Tuesday)	3:00–4:00pm
October 19 (Monday)	6:00–7:00pm
October 20 (Tuesday)	3:00–4:00pm

Ideas for Honoring Special Days (birthdays, anniversaries, etc.)

Registration is required; please call 919.719.7199.

September 28 (Monday)	6:00–7:00pm
September 29 (Tuesday)	3:00–4:00pm
October 26 (Monday)	6:00–7:00pm
October 27 (Tuesday)	3:00–4:00pm