



FORWARD TOGETHER INITIATIVE

In times of great stress, **social connection** has proven to be our greatest source of strength and healing. We are all impacted by COVID-19. Monterey County Behavioral Health is creating a series of free opportunities for anyone in our community to come together to build our **coping and resilience**.

MINDFULNESS & SELF CARE



Understanding how to meet our own needs is crucial to enjoying a healthy lifestyle. This series will share information and teach the skills to build your own self-care plan and improve mindfulness practices.

PARENTING



Effective parenting is even more important and more difficult as we all shelter in place in response to COVID-19. Our Parenting series will help parents and caregivers develop practical strategies to help support their family's emotional well-being and build resilience in the face of our current challenging times.

MOM CONNECT



Motherhood comes with many joys and surprises. It can also bring unexpected mood swings, anxious feelings, and fear. Talking about this emotional side of motherhood can be difficult, especially in these times when friends and family are less able to visit or help out. Join us for informative chats with our team and other moms facing the same experiences.

TEEN CONNECT



Being stuck at home, away from friends and your support network day after day can be tough! Join Teen Tuesdays at 2:00 pm and connect with other teens that are trying to manage during these isolating times. We might even have some fun!

EDUCATORS



The Behavioral Health Team has partnered with the Monterey County Office of Education (MCOE) to provide a series of trainings to support our Educators during this challenging time. The series will start on April 9th and is provided through District Google Classroom platform.

SENIOR CONNECT



The seniors in our community can feel particularly isolated and worried during this current COVID-19 health crisis. But you are not alone. Alliance on Aging is available to connect seniors and their caregivers to supports. They will share a weekly video with coping tips and resources. Wednesdays at 11:00 am you can speak with someone directly about your concerns and have your questions answered.

For more information visit or call:

<http://montereyforwardtogether.org>
(888)258- 6029

April & May 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:30AM	"Morning Coffee" Parenting Talk				
10:00-10:30AM				Tips for Parenting 5-10 year-olds	
10:45-11:15AM				Tips for Parenting 11-17 year-olds	
11:00 AM			Mom Connect Senior Connect		
12:00 PM					Mindfulness & Self-Care
2:00-2:30PM		Teen Tuesdays			
6:00-6:30PM				Tips for Parenting 5-10 year-olds	
7:00-7:30PM	Mindfulness & Self-Care		Parenting Talk	Tips for Parenting 11-17 year-olds	