



Peace in the Pandemic

Facebook LIVE Series at www.facebook.com/mindspringshealth

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mar 23

2pm

Mar 24

Meditations

Mar 25

Mar 26

9am Coping with COVID-19

Mar 27

Mar 30

10:30am Gratitude Works

Mar 31

1:30pm Quick Tips for Taking Care
4pm Meditations

Apr 1

10:30am Coping Skills for Kids

Apr 2

11:30am The Cognitive Triangle

Apr 3

Apr 6

10am Gratitude

Apr 7

1:30pm We all Need a Little
Kindness & Forgiveness

Apr 8

11:30am Healthy Relationships

Apr 9

2:30pm Optimism

Apr 10

10am Quick Tips for Taking Care

Apr 13

3pm Journaling

Apr 14

Apr 15

Apr 16

11am Gratitude Works

Apr 17

10:30am Coping with COVID-19
3pm Healthy Relationships

Apr 20

10:30am Quick Tips for Taking Care
3pm The Power of Optimism

Apr 21

Apr 22

Apr 23

10:30am Coping Skills for Kids

Apr 24

Apr 27

2pm Gratitude Works

Apr 28

Apr 29

2pm Breathing Techniques
to Calm All Ages

Apr 30

9:30am The Soothing of Savoring
1pm Healthy Relationships

May 1

May 4

9:30am Coping Skills for Kids

May 5

1:30pm We all Need a Little
Kindness & Forgiveness

May 6

May 7

10am The Power of Optimism

May 8

May 11

10am The Cognitive Triangle

May 12

May 13

May 14

2pm Gratitude Still Works

May 15

10am Breathing Techniques
to Calm All Ages

May 18

10:30am The Soothing
of Savoring

May 19

May 20

May 21

2pm Journaling

9:30am Quick Tips for Taking Care

May 22

3pm Coping with COVID-19