



# Peace in the Pandemic

Facebook LIVE Series at [www.facebook.com/mindspringshealth](http://www.facebook.com/mindspringshealth)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mar 23	2pm <b>Meditations</b> Sharon Raggio	Mar 24	Mar 25	9am <b>Coping with COVID-19</b> Dr. Amy Gallagher	Mar 26	Mar 27
Mar 30 10:30am <b>Gratitude Works</b> Tom Gangel	Mar 31 1:30pm <b>Quick Tips for Taking Care</b> Tom Gangel 4pm <b>Meditations</b> Sharon Raggio	Apr 1 10:30am <b>Coping Skills for Kids</b> Dr. Amy Gallagher	Apr 2	Apr 3 11:30am <b>The Cognitive Triangle</b> Dr. Amy Gallagher		
Apr 6 10am <b>Gratitude</b> Jill Davis	Apr 7 1:30pm <b>We all Need a Little Kindness &amp; Forgiveness</b> Tom Gangel	Apr 8 11:30am <b>Healthy Relationships</b> Jill Davis	Apr 9 2:30pm <b>Optimism</b> Jill Davis	Apr 10 10am <b>Quick Tips for Taking Care</b> Tom Gangel		
Apr 13 3pm <b>Journaling</b> Dr. Amy Gallagher	Apr 14	Apr 15	Apr 16 11am <b>Gratitude Works</b> Tom Gangel	Apr 17 10:30am <b>Coping with COVID-19</b> Dr. Amy Gallagher 3pm <b>Healthy Relationships</b> Tom Gangel		
Apr 20 10:30am <b>Quick Tips for Taking Care</b> Tom Gangel 3pm <b>The Power of Optimism</b> Dr. Amy Gallagher	Apr 21	Apr 22	Apr 23 10:30am <b>Coping Skills for Kids</b> Dr. Amy Gallagher	Apr 24		
Apr 27 2pm <b>Gratitude Works</b> Tom Gangel	Apr 28	Apr 29 2pm <b>Breathing Techniques to Calm All Ages</b> Dr. Amy Gallagher	Apr 30	May 1 9:30am <b>The Soothing of Savoring</b> Dr. Amy Gallagher 1pm <b>Healthy Relationships</b> Tom Gangel		
May 4 9:30am <b>Coping Skills for Kids</b> Dr. Amy Gallagher	May 5 1:30pm <b>We all Need a Little Kindness &amp; Forgiveness</b> Tom Gangel	May 6	May 7 10am <b>The Power of Optimism</b> Dr. Amy Gallagher	May 8		
May 11 10am <b>The Cognitive Triangle</b> Dr. Amy Gallagher	May 12	May 13	May 14 2pm <b>Gratitude Still Works</b> Tom Gangel	May 15 10am <b>Breathing Techniques to Calm All Ages</b> Dr. Amy Gallagher		
May 18 10:30am <b>The Soothing of Savoring</b> Dr. Amy Gallagher	May 19	May 20 2pm <b>Journaling</b> Dr. Amy Gallagher	May 21 9:30am <b>Quick Tips for Taking Care</b> Tom Gangel	May 22 3pm <b>Coping with COVID-19</b> Dr. Amy Gallagher		