COVID-19 Virtual Support Programming – Links to Recorded Sessions

To view any of our recorded sessions, please click on the associated link below.

Caregiving During COVID-19
https://ccainc.adobeconnect.com/pki1mdmlsrzg/

Communicating During Stressful Times
https://ccainc.adobeconnect.com/pml7dvqpek1k/

Conquering Fear and Anxiety around COVID-19
https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=1940fa3172806876bc582a70f960a989

Eating Right for Life!
https://ccainc.adobeconnect.com/pvdqof89aq8b/

Grief During COVID-19 (English)
https://ccainc.adobeconnect.com/pnqft64oae7c/

Grief During COVID-19 (Spanish)
https://ccainc.adobeconnect.com/p77b7ma1i53w/

Managing Financial Uncertainty as COVID-19 Spreads
https://ccainc.adobeconnect.com/pskua9p1cmq3/

Managing Stress during COVID-19
https://ccainc.adobeconnect.com/pxnjr52ebe19/

Mental Health Matters
https://ccainc.adobeconnect.com/p4z1g3zepfd3/

Mindful Meditation
https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=2db57f1b63604db5a6ceeb72f75e6658

Parenting During COVID-19
https://ccainc.adobeconnect.com/pkpv6gmtjnhr/

Social Distancing - Alone but Not Lonely
https://ccainc.adobeconnect.com/pwxqkja0dz63/

Working Remotely with Kids At Home
https://ccainc.adobeconnect.com/prvq64vctayd/

Virtual Yoga
https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=33a8ad9ba5515a8b3322df43631249d0

Zumba Time!
https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=09bf6bfcf6af1a13d5a2da91e7063f0