



Together We! Thrive: Support Series

Join us for this six-part support series for residents, families, team members, offering practical insights and tools to not only survive the Covid-19 Pandemic, but also to Thrive, Together!

This series is being presented in cooperation with clinical physicians, licensed and credentialed counselors and CLC's chaplain services. It is sponsored by Christian Living Communities (CLC) & Cappella Living Solutions operated communities and services. Each session will be hosted by Moriah Bernhardt, CLC-Cappella's Senior Director of Programs.

Every other Tuesday at 2:30pm MT | 3:30 CT | 4:30 ET
Six week series LIVE education/discussions on the CLC & Cappella Facebook pages

Sessions	Date	Topic
1	January 26th	Self-Compassion in the Face of Disaster
2	February 9th	Coping Skills: Practicing Stress-Management & Self-Care During COVID-19
3	February 23rd	Grief & Loss
4	March 3 rd	Connecting with Community: Relationships, Conversation & Fun
5	March 23rd	Boundaries: When to Say Yes & How to Say No
6	April 6 th	Road to Re-entry, Navigating Anxiety Beyond the Pandemic

Recordings and materials will be available both on each Facebook channel and websites after each LIVE event

Session Descriptions

Session #1 Self-Compassion in the Face of Disaster (Jan 26 at 2:30pm) Dr. Kristin Pyne, PhD

Description: In the face of disruption in routine, significant life changes, grief and loss, illness, instability, and other consequences of the COVID-19 pandemic, there has been a national increase in stress and grief. Common reactions are anxiety/fear, sadness, grief, anger/irritability, isolation, and even hopefulness, inspiration, and connectedness. Join us to learn how to face your emotions with self-compassion, knowing that these emotional responses are *normal responses to an abnormal time*. Instead of toughing it out or criticizing yourself, self-compassion invites you to acknowledge the difficult time you are experiencing and calls you to comfort and care for yourself just as you would comfort and care for a close loved one.

Session #2 Coping Skills: Practicing stress management and self-care during COVID-19 (Feb 9, 2:30pm) Ayla Cook, MSW

Description: Stress occurs when we experience a physical, mental or emotional strain or tension. COVID-19 has created new experiences of stress for all who have been impacted. Join us as we share information on stress management and offer tips and activities for self-care.

Session #3 Grief and Loss (February 23, 2:30pm) Chaplains Jim Kok and Brian Bortz

Description: All of us experience losses in our lives, each of which, great or small, cause us to grieve. For most of us, this past year has been especially difficult and filled with losses, and perhaps we haven't taken the time, or have been too overwhelmed, to think about those losses and to grieve adequately. This session will remind us of what causes grief, how that grief manifests in our emotional, physical, and spiritual lives, and focus on healthy practices and resources to address the turmoil that grief can cause in our lives.

Session #4 Connecting with Community: Relationships, Meaningful Conversation & Fun (March 9, 2:30pm)

Haley Sanner

Description: Find yourself sick of discussing the COVID and need some ideas to spark meaningful conversation and deepen relationships with people in your life? Feeling alone and need some new ways to connect and engage with the community. Feeling down and need some motivation to find opportunities to laugh, play and connect with the people in your life, even if at a distance? Join us to discuss how to uplift your spirits by building new relationships, deepening old ones, and finding time for fun!

Session #5 Boundaries: When to say yes, how to say no. (March 23, 2:30pm) Ayla Cook

Description: COVID-19 has increased the demand for services for those in support or caregiving roles. By practicing healthy boundary setting, we are able to better manage our tasks, our care for others and our self-care. Join us as we discuss how to use boundaries to create positive interactions with others and build healthy rules for ourselves.

Session #6 Road to Re-entry: Navigating the Anxieties beyond the Pandemic (April 6, 2:30pm) Haley Sanner

Description: COVID-19 has put us in a difficult situation of having to be away from people, places and activities we love. As we face the uncertainties of re-entry, it is important that we focus on the things we are in control of and take small steps every day to focus on our wellbeing. Join us to discuss making a plan to build our own resiliency and navigate the anxieties that may arise beyond the pandemic.

What is Colorado Spirit? & What is this Federal Grant

Colorado Spirit Wellness is a short-term mental health wellness program, funded by a federal Covid-19 support grant. While Colorado Spirit is based in Colorado, and we will be the resource for further support in that state, we are one of many groups across the country associated with the grant. Below are resources listed for each state that CLC-Cappella operates in so that residents, families and team members have somewhere to turn for further support. All our services are free, anonymous, and conducted by phone and available in multiple languages.

Colorado Support Resources

Christian Living Communities Colorado Locations	Pilot Session Site (Y or N)	Colorado Spirit Counselors
Clermont Park 2479 S Clermont St Denver, CO 80222 720-903-2477	Yes	Lutheran Family Services Haley Sanner, Senior Care Specialist 720-245-5449 haley.sanner@lfsrm.org
Dayspring Villa 3777 W 26th Ave Denver, CO 80211 720-770-3553	Yes	
Holly Creek Community 5500 E Peakview Ave Centennial, CO 80121 303-731-9004	Yes	All Health Ayla Cook, Older Adult Specialist 720-212-8013 AcCook@allhealthnetwork.org
Rhythms Home Care 6143 S Willow Dr Ste 102 Greenwood Village, CO 80111 303-625-6950	Yes	
Someren Glen 5000 E Arapahoe Rd Centennial, CO 80122 303-900-5016	Yes	
Bella Vita 1470 S Havana St Aurora, CO 80012 720-770-3535	Yes	Aurora Mental Health Dr. Kristin Pyne, Senior Care Specialist 303-617-2300 KristinPyne@aumhc.org

Indiana, Ohio, Oklahoma, Texas & Utah Links to Resources

Crisis Counseling Grant Funded National Response to Covid-19:

1. Ohio-<https://mha.ohio.gov/About-Us/Grants-and-Funding/Federal-Funding/COVID-19-Response#43851230-fema-crisis-counseling-and-assistance-program>- Contact the careline
2. Indiana- [https://www.in.gov/fssa/files/Be Well Crisis Helpline press release FINAL.pdf](https://www.in.gov/fssa/files/Be_Well_Crisis_Helpline_press_release_FINAL.pdf)
3. Utah-<https://utahafp.org/utah-strong-crisis-counseling-program-launches/>
4. Texas-<http://www.heartoftexashomeless.org/texans-recovering-together-offers-crisis-counseling/>
5. Oklahoma-<https://crsok.org/covid-crisis-counseling/>

Please know that no matter what you are feeling, you are not alone. Our team and our associates in other states, are here to listen and guide you through the feelings, stressors, and emotions you may be experiencing right now