

# Mental Health Webinars

**Adults** <https://bit.ly/2CeDQXH>

Arnita Behavioral Health | Tools on how adults can cope with feelings of loss and social isolation



**Kids and Teens** <https://bit.ly/2YKY2YC>

Arnita Behavioral Health | Tools for kids and teens on coping during the pandemic

**Older Adults** <https://bit.ly/371fnFW>

In-Home Counseling | Issues related to older adults coping during the Covid-19 pandemic and suggestions for older adults and the people who love them.

**Recovery** <https://bit.ly/2YEja2V>

Live4Lali | Assisting the recovery community during the COVID-19 pandemic

**Mental Health** <https://bit.ly/37zNSy8>

Kenneth Young Center | Supporting community members with pre-existing mental health conditions