

A circular portrait of Alicia Farrell, PhD, a woman with short brown hair, smiling warmly. She is wearing a necklace and earrings. The background of the portrait is a soft, out-of-focus indoor setting.

EAST HADDAM YOUTH &
FAMILY SERVICES
PRESENTS

ALICIA FARRELL, PHD

COVID-19 AND MENTAL WELLNESS

An Interactive Webinar

Wednesday, May 6th, 7:00 PM

We will discuss:

- Recognizing signs of stress in yourself and your children
- Taking care of your emotional health in this time of uncertainty
- When to seek help and access mental health resources

**Space is limited. Register with
john.fournier@ehyfs.org by May 4th.**