



REHABILITATION & COMMUNITY
PROVIDERS ASSOCIATION

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Webinar: Managing Stress During a Pandemic



Philadelphia Coordinated Health Care
A Core Program of PMHCC

Dr. Nicholas DeMarco, PsyD
PCHC Director ID/MH Supports



Live Webinar on Tuesday, May 19, 2020

11:00 AM – 12:30 PM

https://us02web.zoom.us/webinar/register/WN_ZUoJkgLVQTy0o_BqxeWXkQ

At this time, Dr. DeMarco will talk about how our lives have changed because of covid-19 and how to deal with these changes in healthy ways.

He will talk in plain language about how these changes show up in our lives as stress. He will also tell us how we can decrease our stress levels and suggest ways to improve our mood.

We invite people with intellectual and developmental disabilities, and those that support them, to join us for this discussion and want you to tell us your ideas for how you deal with the stress of covid-19.

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Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions.

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