

October 19: JOIN the discussion this **Wednesday, 10/21 at 7pm on ZOOM** for a free webinar about taking good care of your friends, loved ones and yourself during the stress of Covid with the amazing author and chaplain Kate Braestrup and island friend and mental health expert Greg Marley (NAMI). Sign up with Yarmouth Community Services here: "https://yarmouthme.myrec.com/info/activities/program_details.aspx?ProgramID=30101". **Click here** for the flyer. For more Qs contact Erika or Eliza Jane (townofchebeaguecovid19@gmail.com)



The Yarmouth Community Coronavirus Task Force

Join Leslie Hyde, Chaplain, as she facilitates a

COMMUNITY CONVERSATION: COPING WITH COVID ~ COMING INTO WINTER

featuring:

Kate Braestrup
Community Minister
NYT Best-selling author
Chaplain, Maine Warden Service

Greg Marley
LCSW
Clinical Director, NAMI
National Alliance on Mental Illness

Coping Strategies

Self Care

Grief Awareness

**Wednesday, October 21
7:00 to 8:30 pm**

Free registration link
to webinar on the
Yarmouth Community Service
web page
(search 'Community Conversation')
or call YCS at 846-2406