

## Weekly Drop-In Discussion Group

# COPING WITH OUR NEW REALITY: SOCIAL DISTANCING WITHOUT ISOLATION

- Learn how to identify coping skills
- Learn about available resources
- Learn how to connect if you feel "socially disconnected"



*Coping With Our New Reality will provide an educational opportunity and a place to turn for those that are struggling with how to manage and cope with the barrage of changes and realities impacting their lives, and the lives of their children.*

*Discussion group facilitated by:*

Licensed Psychologist Iris Kiner, Psy.D.  
Clinical Director Elaine Rotenberg, Ph.D.

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Information & Registration:  
[AlpertJFS.org/events/coping](https://AlpertJFS.org/events/coping)  
or call 561-684-1991

Join our online weekly  
discussion & support group  
**MONDAYS**  
**6:00pm**

