

FOR FAMILY & FRIENDS OF THOSE WHO SERVE/D

KOFFEE KONNECTIONS

Special Topic:

Developing a Warrior Mindset

Join the conversation as we share practical tips and tools for taking care of ourselves and loved ones during times of stress and uncertainty.

With Special Guest - Paul Sweetow, LCSW

Paul will share his warrior mindset approach and help us learn how it can add to our coping skills.

Thursday, November 19, 2020

6:30 pm—7:30 pm Central Time

To join the virtual meeting please click on the following link:

<https://zoom.us/j/92314963679?pwd=UVBHRDRtdmp0Q1MwTU1NdHFkZVldz09>

Questions? Contact Patty Adams: padams@lakevetsfound.org