

COLORADO SPIRIT

ASPENPOINTE'S COVID-19 RESPONSE TEAM

THE RESILIENCY SERIES

The holidays are quickly approaching in an already stressful year. Join us for your lunch break to rest, restore, and learn skills to build your resiliency.

Dates:

Mindfulness: Tuesday, November 17th

Gratitude: Tuesday, November 24th

Empathy: Tuesday, December 1st

Time:

12 - 1 p.m.

Location:

Microsoft Teams Meeting

RSVP:

Email CovidResponse@aspenpointe.org if you would like to join or have questions

OUR SERVICES

- Brief educational or supportive contact
- Remote individual crisis counseling
- Group crisis counseling
- Public education
- Assessment, referral, and resource linkage

ASPENPOINTE

aspenpointe.org/covidresponse
(719) 299-2996

Good morning!

If you have already RSVP'd for this event or series of events, there is nothing more you need to do. Simply click on "Join the meeting" in the e-mail or from your calendar.

This is a friendly reminder that the resiliency series starts today and will continue on for the next 2 weeks with the topics of Gratitude and Empathy respectfully. Please join us today if you are able to and let us know if you would like to join a future session.

Colorado Spirit, AspenPointe's COVID-19 Community Response Team, would like to invite you to a free, live event series as we enter a stressful holiday season. We will take this time to breathe, relax, and focus on building skills to support psychological resilience while connecting with others in the community. This event series is open to the public, please share this event with your family, friends, and community! If you have any questions or feedback, please reply to this e-mail or e-mail the team at covidresponse@aspenpointe.org.

Add these events to your calendars and we look forward to seeing you there! To RSVP, please reply to this e-mail or send an e-mail to covidresponse@aspenpointe.org.

To join us on the day of the event, you may use the following link:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

By clicking the above meeting link, you are consenting to treatment at AspenPointe.

[Learn More](#) | [Meeting options](#)