**Community Support Series: We Got This! Tips & Tricks to Preserve Mental Health & Prosper**

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**Thursday, March 19, 2020 from 7:30 p.m. – 8:30 p.m. CST**

Adult Series: “Rediscovering YOU: Managing change, anxiety, isolation, and fears.”

*Designed for adults. Minimal discussion regarding parenting strategies; general focus will be on “self”.*

**Friday, March 20, 2020 from 4:00 p.m. – 5:00 p.m. CST**

Athlete Series: “Life Without Sport: Managing disappointment, developing mental strategies to improve sport, and practicing mindfulness.”

*Designed for athletes of all ages.*

**Friday, March 20, 2020 from 5:30 p.m.- 6:30 p.m. CST**

Adolescent Series: “I miss my friends! Managing social isolation, anxiety, and change.”

*Designed for middle and high school students.*

**Monday, March 23, 2020 from 10:00 a.m. – 11:00 a.m. CST**

Parent & Child Series: “Why has everything changed so quickly? Managing transition & establishing a routine.”

*Designed for parents and children to learn together about change, transition, and making the best use of your time. Parenting strategies discussed here.*

**Monday, March 23, 2020 from 4:00 p.m. – 5:00 p.m. CST**

College Series: “This isn’t the college experience I expected! Navigating expectations during this unprecedented time”.

*Designed for college students.*

Technology Access Sponsored by Our Lady of the Lake University.

To access speaking series online: go to: <https://zoom.us> and click, “join a meeting”. Login: 815-803-5701

Maximum capacity: 300 participants.